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Muckleshoot MESSENGER



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Muckleshoot Indian Reservation, Wash.

September 12, 2019

My Amazing Journey as kayəʔ

Like all Skopabsh kayəʔ, Norma "Babe" Eyle was caught by surprise. That's the way it's meant to be. Babe stepped up and did a wonderful job representing the tribe during her year-long reign. On the last day of this year's pow wow, when she was to crown her successor, Babe wasn't well enough to perform this final duty. Later that evening, she put some of the memories she'd been planning to share into a Facebook post. This is Babe's story, and she's sticking to it.



Norma "Babe" Eyle

Well, I'm officially off royalty duties. It was an amazing journey, and I'm very thankful and grateful for the committee to give me the opportunity to learn about pow wow. It was a new experience for me. I've learned stick games, long house, smoke house, Shaker Church, Mormon Church, Pentecostal and many others, but this pow wow was a whole new box of Cheerios for me.

It was about this time last year (August) that I was very ill and the outlook wasn't looking very well for myself. My son came to my house and told me that the elders were being gifted with a blanket, so I took a quick bath and rode back with him to the grounds. I was down to like 89 lbs at that time. I hear the announcer announce my name, but instead of the elders blanket, he's saying that I'm new Skopabsh kayəʔ and they put this big beaded crown on my head.

I'm like WT_? I couldn't believe it. Besides, I've never done powwow. I had absolutely no knowledge, no regalia and no money to do this. My momma Bea whipped me up dress and moccasins. Then I was given a list of powwows to attend. I was told to attend all grand entries and have a picture taken for proof I'd made it to each and every one.

Other tribes don't have a grandma princess, so during grand entries all the other princesses made me lead them in, because I was their elder. No matter how sick or sore I was I pushed myself to follow through, but I missed the most important one today – my last day. I loved the experience and I believe it was a blessing in disguise to get me up and strong again, because I even traveled.

Before I got sick, I told my kids that I'm 61 and very ill, and have had a long grateful life and had nothing else to learn. After stepping down, I remembered my dad tell me, "You're never too old to learn." So true. I made a lot more new family and friends. Was just starting to learn songs and steps. It was a wonderful experience.

Other things I've experienced in my past: Joined AIM; went to Standing Rock to fight for water; marched for Missing Murdered Indigenous Peoples because I lost friends and family from abuse and murder. I was in the Judge George Boldt courtroom. I went to Sonics games, and both the Sonics and Mariners Championship Parades.

I watched Ken Griffey hit back-to-back home runs in the Kingdome, and shaved my head for Buhner Buzz Night five times. I've seen many concerts – Key Arena, Kingdome – went to John Michael Montgomery concert and he held my hand and kissed it.

I survived 18 years of breast cancer; had 20 lymph nodes removed, and all were positive; did a year-and-a-half of regular chemo and six months after-chemo chemo; had 48 days straight of radiation; had an ectopic pregnancy, two fetus in each tube; three strokes, two heart attacks and a partridge in a pear tree.

I believe these are some very memorable memories. My faves: Beautiful parents, beautiful kids, beautiful grandkids, and friends and family.

I love you all. Big hugs and extra strong prayers. All ya need is love!

Sweet dreams!

MUCKLESHOOT'S DREAM HOTEL BECOMING A REALITY

By Terrence Hill

Muckleshoot Casino broke ground on the centerpiece of its ongoing expansion efforts – an 18-story, 400-room luxury hotel – on September 5.

The sun shone brightly as an audience of hundreds watched Muckleshoot Tribal Council members dig their shovels into the ground as part of a celebratory event marking the beginning construction. The luxury hotel is expected to be completed in 2021.

The ceremony began with words of welcome from newly appointed Assistant General Manager Jesse B. McDaniel Jr., a presentation of colors by the Inter-Tribal Warrior Society, blessings by the Muckleshoot Spiritual Committee, and a welcome song sung by the Muckleshoot Canoe Family.

Muckleshoot Casino General Manager Conrad Granito addressed the crowd following the welcome song.

"This is a very momentous day for the Tribe," said Granito. "Today is a fortuitous event, but it's also an event to recognize the success of the Muckleshoot Tribe and to truly honor the promise of economic independence that Indian gaming has provided tribes; not only Muckleshoot, but many across the country."

Muckleshoot Tribal Council Chair Jaison Elkins remarked, "It's a historic day for our people, for our tribe and for future generations. The evolution of our gaming property



MUCKLESHOOT TRIBAL COUNCIL: Donny Stevenson, John Daniels Jr., Virginia Cross, Jaison Elkins, Mike Jerry Sr., Jessica Garcia-Jones, Jeremy James, Louie Ungaro, Anita Mitchell.

is going to ensure we can continue to invest in our people, our most important resource."

A hotel has been one of Muckleshoot Casino's most oft-requested features from guests over the years. Whether they're seeking a place to stay after a late-night concert or looking for a staycation destination, guests will find luxe accommodations to enjoy, from a climate-controlled indoor

pool and rooftop restaurant to a fun-filled arcade. The majority of rooms will feature scenic landscapes of the surrounding area, including Mount Rainier and the Olympic Mountains depending on which side of the hotel the room is located.

This isn't the first groundbreaking ceremony for Muckleshoot Casino this year.

Continued on Page 2

MIT stands up for MMIWG, Seattle passes support resolution

Practically everyone in the Muckleshoot tribal community has experienced the pain of losing a family member, relative or friend in a tragic manner. Many have known the fear and worry of having a family member go missing for long periods of time. A few have experienced the grief of having them found, sometimes years later, a victim of murder.

This firsthand experience has made the MMIWG – Missing and Murdered Indigenous Women and Girls – Movement resonate strongly within the community.

On September 9, Muckleshoot was represented by a large contingent led by Tribal Council members Virginia Cross and Jessica Garcia-Jones at a meeting where the Seattle City Council adopted a resolution and proposed remedies to deal the MMIWG situation. Seattle tops the big cities of the nation with 45 cases involving indigenous women and girls falling into the MMIWG category.

The resolution, which passed unanimously, was introduced by Council member Debora Juarez, a Blackfeet enrollee and longtime friend of the tribe. The heartbreaking testimony brought out by Virginia, Jessica and the others who shared their stories brought tears to the eyes of the Seattle City Council members. Hopefully, the passage of this resolution will be a good start in the right direction.

Tribal Council member Jessica Garcia-Jones posted this report of the day's activities on Facebook:

"A group representing the Muckleshoot Tribe spent the afternoon at Seattle City Hall on September 9th to witness the MMIWG resolution be passed by the Seattle City Council. What a historical and emotional event to be a witness to! All came in strong.



Farrah Jones

We are grateful for the acknowledgment of our vulnerable women by the Seattle City Council. It's a step in the right direction toward resolving this important issue. We offer a special thank you to City Council member and Blackfeet enrollee Debora Juarez for sponsoring and bringing this resolution forward.

It was an honor to work alongside my teammate, Tribal Council member Virginia Cross, our 2019-'20 Kiya Ada McDaniel, Susan Starr, Lena Baker, Eli Nelson, my daughter Farrah Jones, and Intergovernmental Affairs staff Madrienne White and Claudia Kauffman.

I feel it's very valuable education to expose our youth to important work being done. They're the future and we need them to continue on with the work someday. So Farrah was absent from school today, but I feel this educational experience was well worth it, and she can discuss her day with her classmates and teacher."



Seattle City Council member Debora Juarez is in black, behind Farrah.



Giving testimony

CHAIRMAN'S CORNER



After 24 Years of successful gaming entertainment operations, the Muckleshoot Casino has recently reached a new peak that is the culmination of all those many years of excellence and efforts up to this point.

On September 5th, 2019, the Tribe celebrated a ceremonial blessing and ground-breaking for construction on a brand new expansion which will include the completion of the brand new, top-of-the-line luxury 18-story, 400-plus room resort to accompany the addition of major gaming space, a top-shelf event center, a family friendly arcade /entertainment space, swimming pool, a food court to include multiple new restaurant options, and an additional premier fine-dining style steak house located on the top-floor of the hotel property.

The Muckleshoot Tribal Council, Casino management, the Muckleshoot Tribal community and various dignitaries, guests and friends of the Tribe, including local media outlets, came together to acknowledge the significance of this project and to celebrate the practical beginning of what feels a lot like an end... an end to the one constant that has been an underlying theme of the Muckleshoot Casino's identity from day one of its on-going operations, since opening its doors to business in May of 1995 all those successful years ago, and that is the continual expansion and growth of the facility and operations.

From day one, through multiple planned and executed expansions, the Casino, its operations, its staff and footprint have continued to grow throughout the entirety of the 24 years it has existed until the present day. This growth has been a constant, and as large a part of the Muckleshoot identity as any formally defined roles or campaigns... "The biggest and best in the Northwest" indeed... and all the while, still growing and evolving, still adding space and amenities, still building!

This day feels not only like a celebration of the next step in that process, but a celebration of reaching the goal of what the Casino, Tribal Council and Tribe have been building toward throughout it all. It feels like the ceremonial celebration of achievement in reaching the goal and realizing the vision for what the Casino always could and should become... the culmination of all the success and amazing growth that has come before and the opportunity that has translated to for the Muckleshoot Community and people.

This day is a day that we will carry with us and will always remember... through the tireless dedication, effort and work of so many, today Muckleshoot begins anew again! We have gained our success and achieved by displaying a willingness to boldly and confidently innovate!

It is this spirit which has seen Muckleshoot assert ourselves throughout our history... whether through the first Treaty Wars of the mid-1850s, in successfully fighting for and winning our lands and retaining our inherent rights and freedoms... the second Treaty/ Fish Wars of the 1960s-70s, which saw us bravely assert our ability to engage these lands and assert these rights and freedoms... or; likewise, the moral integrity and boldness of character which drove our initial maneuvers into the Tribal Gaming and Casino business during the mid-1990s... this boldness, which built our people's economic resources from a state of poverty and need to the success of economic self-sufficiency and sustainability! Our people – the membership and leadership – share in the prestige and distinction that this proud history represents and all deserve our praise and our thanks!

It is with this same traditional spirit and continued approach that we have taken the vitally important next step in our Tribe's economic evolution by forging the path forward toward the Muckleshoot Casino and RESORT! For us, this day's ceremonial blessing and expansion ground-breaking signifies a return to, and a renewal of, the spirit which has made our Tribe and our people great throughout our history... a return and rededication to the mettle which saw us assert and build ourselves from desperate times of economic struggle into an economic powerhouse and driver for not only our people and community, but for the entire region... South King County, and beyond!

As an editorial note, I also feel it necessary to state, I'm so very happy and moved to have seen so many of our people represented at this day's event honoring our accomplishment because each one of them has been and holds a major contribution toward reaching this goal... so proud of and humbled by all who worked to make this day a reality! Please accept a sincere and heartfelt "thank you," to everyone who has been a part of this success and to our community and people for coming together to celebrate and honor this work in a good way!!!

I'm just so proud of everyone involved because I honestly believe in the positive impact this investment will hold for our community, people and Tribe and in the return to the overall philosophy and approach which have made Muckleshoot great throughout our history! I know that our current and future generations will greatly benefit as a result... and that's really what it's all about.

September 5, 2019, was a culmination to an unprecedented story of our Tribe's success and fortitude – a celebration of reaching what has always felt like the goal intended for our Casino as a business, and for our people and community as an economic driving force toward our abilities to self-sufficiently address our peoples' needs.

The clear and compelling parallel between the continued growth and success of the Muckleshoot Casino as a direct catalyst and driver behind the corresponding growth and development of Tribal programs, resources and services and subsequently our people's personal growth, health, recovery and the reclamation of Tribal pride and identity is a narrative of success and truth that cannot be overstated or ignored.

Ours is a story of triumph in the face of adversity, and is made all the more powerful by the fact that we, as a people, have taken our collective destiny into our own hands and willed ourselves to this vision!!! Finally, after 24 years of building, planning and executing, we have reached the point where we are reaching the culmination of the goal expressed by the will of our people... I, for one, am so proud of all who helped make that possible and can't wait to see the positive impacts on our people to come as a result!!! ~ Donny Stevenson, Vice-Chair



Room with Mt. Rainier view.



Beautiful cultural decor throughout.



New Buffet Redesign: Spice Bay will close at the end of the month and reopen in spring with a new name, new look and new menu!



Sen. Elizabeth Warren, Jessica Garcia-Jones, Puyallup Chair David Bean, Donny Stevenson.



Donny with Congresswoman Sharice Davids.



Inter-Tribal Warrior Society Honor Guard.



Muckleshoot Canoe Family.j



New look on the gaming floor.



Tribal Council member wield shovels for ceremonial groundbreaking.

Dream hotel becoming reality

Continued from P1

In late February, a ceremonial event was held for Phase I of its expansion which will add a 20,000-square-foot, technologically advanced event center to the property. It is expected to debut in spring 2020 and will host everything from major conventions to big-name entertainment acts.

Other renovations have already been completed, including a top-to-bottom remodel of Pizza which reopened in late May. Another glimpse of Muckleshoot Casino's contemporary new look can be found near Coyaba Grill in a newly renovated area of gaming space.

New carpeting, featuring an eye-catching river design as well as a pattern which calls to mind

fishing nets, is being combined with new paint, wallcoverings and lighting to brighten up the casino floor.

In mid-October, a trio of new fast-casual restaurants will also make their home inside the casino. They will include a revamped deli experience with a new, delectable menu sure to delight featuring re-imagined favorites and elevated new dining selections. Guests will even be able to treat themselves (if they're old enough) to a boozy milkshake or two.

All of the casino's restaurants will eventually see remodels of their own. Spice Bay Buffet will close at the end of September for a major renovation. When it makes its return in the spring, expect an elevated dining experience

with amenities like a live-fire salmon pit, dry-aged meats, cooked-to-order steaks, Peking duck, and more.

"When I got here to Muckleshoot Casino five years ago, there was a promise I made to the tribe that we would take this

to another level," stated Granito. "We've done that. What you're seeing today is not the culmination of that, but the next step in taking Muckleshoot to a different level of experience for not only for the Tribe, but for the community it serves."



MUCKLESHOOT MESSENGER
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- Donny Stevenson, Vice-Chairman
- Jeremy James, Secretary
- John Daniels Jr., Treasurer
- Virginia Cross
- Jessica Garcia-Jones
- Mike Jerry Sr.
- Anita Mitchell
- Louie Ungaro



Youth Harvesting Fresh Fruit for Muckleshoot Food Resource Center

by Valerie Segrest & Gil Adame

In the late summer of 2013, over 300 heirloom fruit trees and berry shrubs were installed at what is known as the Boxer Barn property, also referred to as the Teenstra property, and is located just across from the Fire Station on 400th Street. The trees were purchased through a grant of \$3000 from the First Nations Development Institute and were supplied from Burnt Ridge Nursery based out of Onalaska Washington.

The selections of particular fruit bearing plants were considered after a study of food purchasing from all of the Muckleshoot kitchens. 80% of the top ten items purchased across all kitchens in our community include items like varieties of berries, apples, chicken, eggs, and beef – all of which are totally producible on our own lands.

What is currently growing in this orchard has the potential to supply most of our kitchens someday with apples, pears, cherries, and blueberries, if taken care of properly. The immense potential to increase food security and the nutritional options for the Muckleshoot Menus and food resource center is right at our fingertips.

It has taken a volunteer effort that includes partnership building and problem solving in order to keep this orchard living over the past six years. Volunteers showed up to plant these carefully selected plants six years ago, and partnerships with the Adult Work Training Program (AWTP) to keep it maintained for the duration.

Without the concern and care for the leadership at AWTP this orchard wouldn't have made it. From an orchard that looked like sticks with blossoms in a field to a growing full on fruiting forest, the promise of tasty fresh produce has arrived.

This year we are grateful for the work of the Early College Summer

Youth Program and the Youth Forestry Crew that dedicated the time to learn and harvest in the spirit of Muckleshoot generosity. They donated their harvest to the Muckleshoot Food Resource Center so that our community members can access fresh, organically grown, heirloom fruits like pears, plums, apples, etc.

The harvest was received with appreciation and inspiring messages like the following:

"I think it's really great that we can get our own fruit from our own garden and I hope that this will continue to become more of an option throughout our tribe." – Charlotte Porterfield

"I saw people over at the garden picking these apples; this is good for our community. I hope it continues and wonder what other fruits are growing." – Community Member

"I think we should be growing more, we need a big garden where all our people can pick some apples like these, or maybe fruit stand where they can buy them from Muckleshoot" – Community Member

Growing, harvesting, processing and sharing foods together from our own territories are what keeps our sovereignty strong. It also supports food sustainability and security, ensuring that our people will always have access to traditional and local healthy foods.

Food systems strategies that strengthen us in this way are part of resilience, emergency preparedness and feeding the future health of Muckleshoot community members. We are grateful for the opportunity to do this work alongside all of those who put their time, energy and hard work in to maintenance of these precious foods over the years. We look forward for what is to come.

Former Auburn Mayor Chuck Booth, a Friend to the Tribe

Charles Andrew "Chuck" Booth passed away at the Wesley Lea Hill Care Center in Auburn, Washington, surrounded by family, on August 3, 2019. He was 84 years old. He is survived by his beloved wife of 62 years, Leila

Chuck Booth was probably best known as a very successful mayor of Auburn, an office he held from 1994 to 2002. He has a bridge named after him.

But to the Muckleshoot Tribe, his greatest work was in the field of education, where he spent 23 years as a top administrator for Auburn Public Schools. In this capacity, he worked closely with Virginia Cross, the district's first Indian Education Coordinator, and was a staunch supporter of her efforts to develop and expand programs to serve the Native American students of the school district. For this the tribe is forever grateful.

A memorial service will be held at the Auburn First United Methodist Church in Auburn on Saturday, September 21, 2019, at 11:00 a.m.



Virginia Rose Nelson

Virginia Rose Nelson, 73 of Auburn, died August 15, 2019 in Federal Way, WA. She was born November 19, 1945 in Carnation, WA to Lester George "Tunney" and Alice (Hansen) Nelson.

Virginia loved watching *Wheel of Fortune* and *Price is Right* (Come on Down!), the Cooking Network and the Travel Channel. She also loved to do puzzles, bead working and play the lotto; her lucky number was 14. Virginia enjoyed her garden, flowers, lilies, tomatoes and herbs. She loved listening to Elvis and Prince.

Virginia is preceded in death by Floyd "Moe" Davis, her life partner and best friend. They met in Seattle at a bar. And also her parents, Lester George Nelson and Alice Hanson Nelson, and siblings Richard, Lily, Viola, William and numerous other family members.

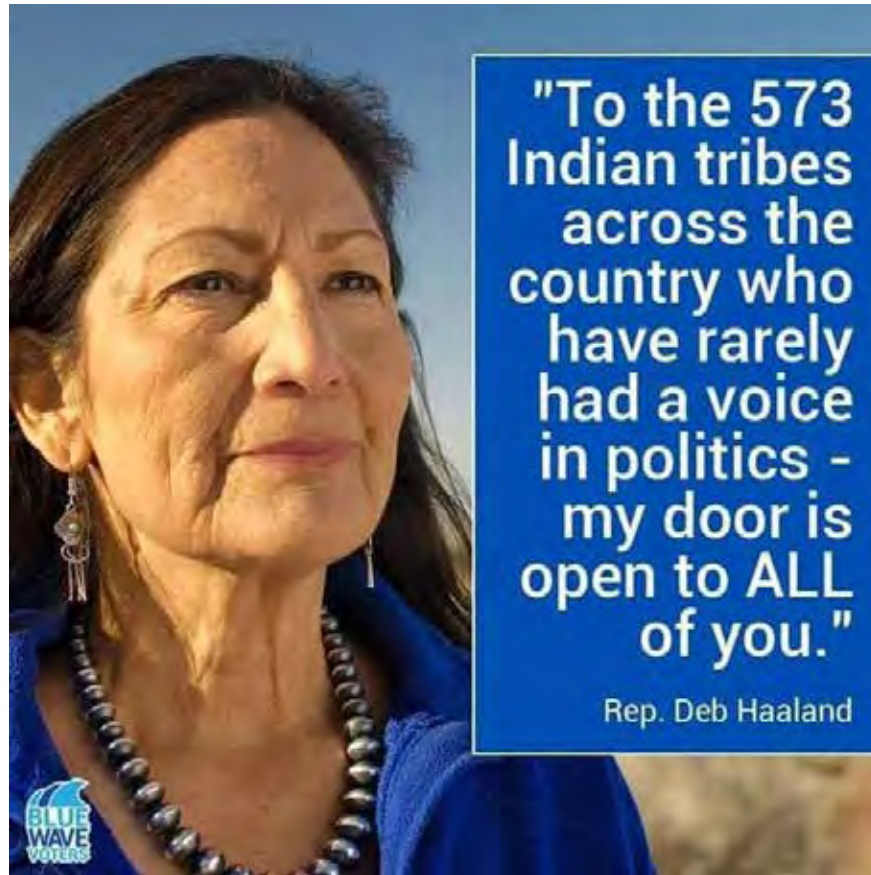
She is survived by her daughters, Leahnette Nelson-Davis, Lorene Nelson-Davis, Luananda Nelson-Davis and Roseanne Ferrandini; six grandchildren, Joey,



David, Mychaelia, Mareo, Mauricio, and Marcelo.

She is also survived by her siblings, Adeline, Viola, Lester, Henry, George, Frankie, Richard, Francis, Rosie, Lily, Amos, Virginia, Bill, and Fred.

A funeral service was held, Tuesday, August 20, 2019 at the Muckleshoot Pentecostal Church with burial at New White Lake Cemetery. Services were entrusted to Weeks Funeral Home, Buckley, WA.



Enjoy the forest & family together as a community

TOMANAMUS COMMUNITY DAY

October 10th 2019
Medicine Eagle Flats 9:30am - 2:30pm

Lunch: 11:30am
Raffle: 12:00pm (must be present to win)
Slahal Tournament to follow main event
Transportation available from Philip Starr building starting at 8:45am, every 1/2 hr

You are invited to the Diabetes Workshop

Walking, Water and Nutrition: Traditional Ways to Fight against Diabetes

What: Indian speakers will be sharing stories, experiences and wisdom with guests and a Traditional meal will be served.

When: September 18th from 5:30-7:30pm

Where: Sal Hal Shed

Contact Donna Starr for event questions at 253-545-1933



Ona Oleta Bargala

Ona Bargala died Sept. 7, 2019, in Silverdale, Wash. She was born Oct. 27, 1943, in Enumclaw to Harry and Alice (Daniels) Bargala.

A homemaker, Ona enjoyed listening to music, attending Native American events like powwows, going out for lunch, attending dances and visiting with friends and family.

She is survived by her brothers Sonny and Aaron Bargala, sisters Charlotte Williams and Millecent Bargala, and many nieces and nephews.

Ona was preceded in death by her parents, brother Friday Jay Bargala and sisters Birdie Bargala, Baffy Bargala and Nona Virginia Bargala.

Funeral services were held on



September 11, 2019 at the Muckleshoot Pentecostal Church in Auburn, followed by burial followed at New White Lake Cemetery.

Memorial Dinner & giveaway for Michelle McCloud
Sept. 21st 3pm at Sla Hal Shed

Next to Muckleshoot baseball fields - 38911 172nd Ave SE Auburn 98092
Any questions contact Denise Moses (253) 886-4122



There was a great turnout for the alumni volleyball game!

The Preservation Program Archives, Library and Repository is here to serve you! In general, we install exhibits, collect and provide access for Tribal members to a large historic collection of books, photographs, artifacts and other memorabilia. Many items are searchable by family names, especially photographs.

Come visit us at the Philip Starr Building to learn more, take a tour or use the library. Please contact Donna at 253-876-3273 or email donna.hogerhuis@muckleshoot.nsn.us.

Hope to see you soon!



Louis Starr holding a model spear he made, 1987. Both photograph and spear are part of the Tribe's collection.

The Tribal Development Program's 2019 Third Quarter LEAD Event: Annual Softball Tournament

It's time to *take me out to the ballgame and take me out to the crowd* for Muckleshoot Casino's Tribal Development Program! The program's annual LEAD Softball Event took place this August 16th, 2019 and was a "home run" for all those involved. Having been an annual occurrence since anyone can remember, the softball event was one awaited with high anticipation and suspense!



Slide



Lunch time



Commod bods



TDP All Stars



Good game

and TGA. Lastly, a little closer to home, this event would not have been possible without the help of Juan Rivera, Annie Fowler, Amy Yates, Chene DeClercq and Melissa Dela Vega-Kabamba – all whom contributed in insurmountable ways. At the end of the day, a LEAD event is meant to inspire leadership, excellence, advancement and development, which was a theme strongly felt during this event and the program looks forward to continuing this tradition for years to come.

As the congregation gathered at Sla Hal Shed & Field, they were graced with the attendance of several entertainment groups. The casino's Sound & Light department's very own Juan Rivera was there to deejay the day into excitement, bringing speakers, upbeat jams and a microphone to fill the air with the sounds of a good time. Memory Nook Photobooth services set up a booth inside the shed where everyone was encouraged to take group selfies and even included a specialized station that recorded GIFs with the option to have them sent to you via SMS or email!

Participants and trainers were encouraged to bring their families. Specifically, for the kids, Merry Makers attended their tropical-themed bouncy house complete with water works. Also, in attendance, making their casino-vendor debut, a new vendor to the company, Glitter Buggier, offered face painting featuring cupcakes, dinosaurs, unicorn horns and so much more. To top all the wonderful face painting, balloon art was also offered by Glitter Buggier, having made swords, flowers, balloon corsages and an array of balloon animals.

At the start of the day, breakfast was provided by the casino's Banquets department – having packed and delivered fruit and granola yogurt bowls. Lunch was put together by L&L Hawaiian Barbecue, another new vendor to the casino and as a surprise dessert, another new vendor attended the field – Ronnie Jerry's Yakashoot Ice Cream Truck provided popsicles, ice cream bars, sandwiches and cones to everyone.

Outside of meal times, attendees were encouraged to go to the concession stand. A wonderful assortment of snacks and goodies were offered. In addition to a wide assortment of soft drinks, energy drinks and juice, chips of all kinds, popcorn with an arrangement of toppings and cotton candy were all served.

Hitting the field, Tribal Development featured three teams this year, having participants and trainers placed in either the green team, the *Tenacious Turtles*, the red team, the *Space Monkey Mafia*, or the purple team, the *Thunder Bunnies*. TGA joined the casino in arms this year and bat alongside participants and trainers, having members placed in all three teams. The three teams took bat against each other, but also had the opportunity to bat against the Tribe's Commod Bods. In a final face-off between the Tribal Development Program's chosen All Stars, the TGA's All Stars and the Tribe's Commod Bods, the competition was fiery and fierce! The Commod Bods managed to defeat the TDP Participants, but when faced against the TGA All Stars, TDP emerged victorious!

As always, the Tribal Development Program would not be what it is and would not accomplish anything without the help it receives. An array of new vendors were brought to the casino's fold because of this year's Softball event and it was thanks to them that the program was able to keep a traditional event new and exciting. In spite of the new, the program couldn't make softball possible without the assistance of Frankie Lezard and the participation of the Commod Bods

The MindCare Clinic Is Open!

We are excited to introduce the MindCare Clinic, a new state of the art program. The MindCare Clinic utilizes progressive technologies to increase brain health and functioning, reduce stress, treat symptoms and promote mental wellness. Services are tailored to each individual's unique brain health needs and are relaxing, safe and medication-free.

Highly trained MindCare Clinic Staff are available to meet with you to discuss what services are the best fit and how we can help you meet your brain health goals.

To learn more, call to schedule an appointment:
 (253) 876-6965
 We are located at The Health and Wellness Center
 West Entrance Door
 17500 SE 392nd Street
 Auburn, WA 98092



Little Butterfly Kathryn Moses

yu'yubəč: The Butterfly

by Vanessa Griffith, OTR/L

MELA's 2018-2019 Orcas Class worked with support services to create this collaborative art piece. The theme was inspired by the Muckleshoot song "yu'yubəč" (butterfly). In the Fall, students collected colored leaves outside of MELA, which were then laminated. Throughout the year, students cut through the lamination around the leaves. At the end of the year, students helped complete the design which included elements of Salish art such as the crescent and the trigon.

Children participated in conversations about how change is a part of life. Everything changes, like the butterfly, and like the leaves that compose its wings.

The aim of this project was to give our students ways to connect, express themselves through creativity, and to build a variety of skills that will contribute to their success in school and in life.

Tribal Development Program September 2019 Spotlight Article – Trisdin Lozier

A participant of the Muckleshoot Casino's Tribal Development Program is always praiseworthy, but when a participant is diligent, resourceful and exemplary, they gain the respect and recognition of that of a Spotlight Team Member. Being selected for the Spotlight Article is a prestigious honor here where we like provide insight into the life of these hard-working individuals and what they do to stand out in the workforce.



Most recently, the Tribal Development Program has been fortunate to sit down and speak with Trisdin Lozier – a participant who not only exhibits all the qualities of a Spotlight Team Member, but someone who, despite the progress he's made, always strives to achieve excellence. Having

started his career as a Cage Cashier in April of 2016, Lozier then worked his way through Finance into Revenue Audit, but most recently moved into the Compliancy department as a Title 31 Clerk III. In this position, he is responsible for the ensuring of federal compliancy within the gaming field – a "very important task," as admitted by Lucas Reid, Lozier's trainer. To hold a position in this department demands a professional with diligence and attention to detail. "(His) strengths at work are his listening skills and his ability to follow direction properly and in a timely manner" says Reid.

Although receiving high praise from his trainer, Lozier has stated he feels there are

things he needs to improve on, such as his communication skills with those around him. He also shared that he yearns to learn more about his field and understands that no matter how much you know, there's always room to learn more. In his opinion, the best thing about his job is that he gets to work with numbers. "I like numbers. They're straightforward and always make sense" says Lozier. Admittedly, (he) also likes that the office sizes are smaller, which helps ensure closer employee-relationships. Lastly, he enjoys that there are refreshments provided all throughout the duration of the day.

Outside of work, some of Lozier's favorite hobbies include playing or watching basketball and softball. He also enjoys playing video games including *2K* or *Call of Duty*, either by himself or with a group of friends. Lozier also enjoys spending

quality time with loved ones – especially at the river.

Something that inspires (him) to continue being diligent is the thought of, "always being better than you were the previous day." He is happiest at work when he's able to approach things with an open mind. All of this is to work toward the goal of one day becoming a homeowner – a dream that Lozier admits to having.

If there was someone contemplating going into Lozier's line of work, he would advise them to "show up to the workplace open-minded and ready to learn something new each and every single day." The Tribal Development Program is always proud of its participants and the accomplishments they achieve. It praises the ongoing and continued efforts put forth by its participants to always provide quality job-performance. Trisdin Lozier is just one example



Trisdin Lozier

of many who strive every day to improve themselves in efforts to improve the world around them.

2019 YDP/MCDC Summer Day Camp

Youth & Teen Programs

The 2019 YDP/MCDC Summer Day Camp was another successful summer for the books! All of the youth were able to participate in 2 weekly field trips, cultural activities, career exploration, swim lessons and wellness fun, and fun Friday's onsite that correlated to the fun weekly theme!

With record high attendance at the teen center, the teens had weekly themed tracks that were focused on the arts with Red Eagle Soaring, basketball skills and fundamentals with special NBA guest appearance, cultural and spiritual activities, and leadership!

Amongst the awesome tracks and weekly themes, the teens also participated in a field trip every Friday! Although summer camp has now come to an end, we are excited for the upcoming school year, and we look forward to next year's summer camp! Please check out the summer camp highlights below:

Youth Facility Areas of Focus

- **Stick Games:** created own stick game sets to learn how to play stick games
- **Cedar Weaving:** made coasters for gifts for canoe journey
- **Beading:** made beads for gifts for the elders
- **Elder's Complex:** learned how to cook some traditional snacks (fun foods), while learning about traditional foods that are picked from the mountains and fish that are cooked and smoked; cooking of the fish over the traditional fire; gift giving
- **Canoe Journey:** Making gifts to give, learning about canoe journey
- **Huckleberry Picking** in the mountains
- **Harvesting** at Tilth Farm and Garden
- **Canoe Song and Dance:** kids learned traditional canoe songs, and drumming
- **Career Exploration and Education**
- **Tomanamus Day** w/Cinnamon Bear
- **Emerald Downs**
- **Public Works**
- **Farmland and Harvesting**
- **Fire Building and Survival Skills**
- **Health & Wellness**
- **Wellness Center:** Gym Activities and Swim Lessons
- **Basketball Camp**
- **Ropes Course**
- **Daily Large Group Activities** (Fulcrum CRATE)
- **Fun & Field Trips**
- **Art:** Clayopatra, Painting w/a twist
- **Daily Art Activities**
- **Skate Jam:** decorated decks, and put together skateboards
- **AND MORE!** Virtual Sports, Pacific Science Center, NW Trek, Miracle Ranch Camp, Seattle Aquarium, Woodland Park Zoo, Ballard Locks, Skate Tiffany's, Defy Tacoma,
- **Last Day Celebration** with obstacle course, bounce houses, snow cones, face painting, and carnival style activities and games

Teen Center Areas of Focus

- Culture**
- Drumming
 - Cedar Weaving
 - Fishing at the river
 - Berry Picking
 - Canoe Song and Dance
- Leadership and Education**
- Guest Speakers
 - Teambuilding: ropes course
 - Campus visit at UWT
- Health, Wellness and Sports**
- Swim and Gym Activities
 - Basketball Camp
- The Arts and Media**
- Red Eagle Soaring
 - Filmmaking w/Ben
 - Music Production
 - Video Editing
 - Fashion and Design
- Fun & Field Trips**
- Ropes Course, Family Fun Center, Bowling, Defy Tacoma, Hiking, Beach Days,
 - Basketball Camp
 - Photography
 - Skate Jam: making own skateboard
 - Onsite Daily Fun: arts and crafts, large group activities, fun free days
 - Last Day Celebration with obstacle course, bounce houses, snow cones, face painting, and carnival style activities and games

Teen Center had three 2 week-long tracks, and three 1 week long-themed weeks.

Special thanks to: Tomanamus and Cinnamon Bear, Fleet, Health and Wellness Center, Public Works, Emerald Downs, Fisheries, Rosa Maldonado and the Culture Department, Elder's Complex, Red Eagle Soaring, Emergency Preparedness, AWTP, and the Finance Department

Check out our videos:
<https://youtu.be/Ojw9b4tDIE>
<https://youtu.be/KrweHCCLB0>

YOUTH DEVELOPMENT PROGRAM

Summer Camp





Muckleshoot Adult Work Training Program

Helping Tribal Members with work experience, education and training so they can find permanent employment

The Muckleshoot Adult Work Training Program (AWTP) transitioned from Muckleshoot Job Corp in 2012 and focuses on assisting Tribal Members in the development of basic job-readiness skills, adult basic education and life skills. The program hires Tribal Members on a quarterly and as needed basis to help participants work on obtaining on-the-job experience, completing their GED, High School Diploma, or other educational programs, reaching personal goals, getting a valid Washington State Driver's License and finding permanent employment. Over the past few years, the program has grown substantially and continued to adapt to the needs of its participants. We are excited to share what our participants have accomplished!

If you are interested in applying to be a participant with AWTP, please complete an application online through HR. Paper applications will no longer be accepted and if you have previously applied you will need to apply again. If you have any questions, please reach out to us at 253-876-2919.



MEET THE STAFF



MELVIN DANIELS
Manager



BRYSEN JANSEN
Assistant Manager



JAMIE BAKER
Administrative Specialist



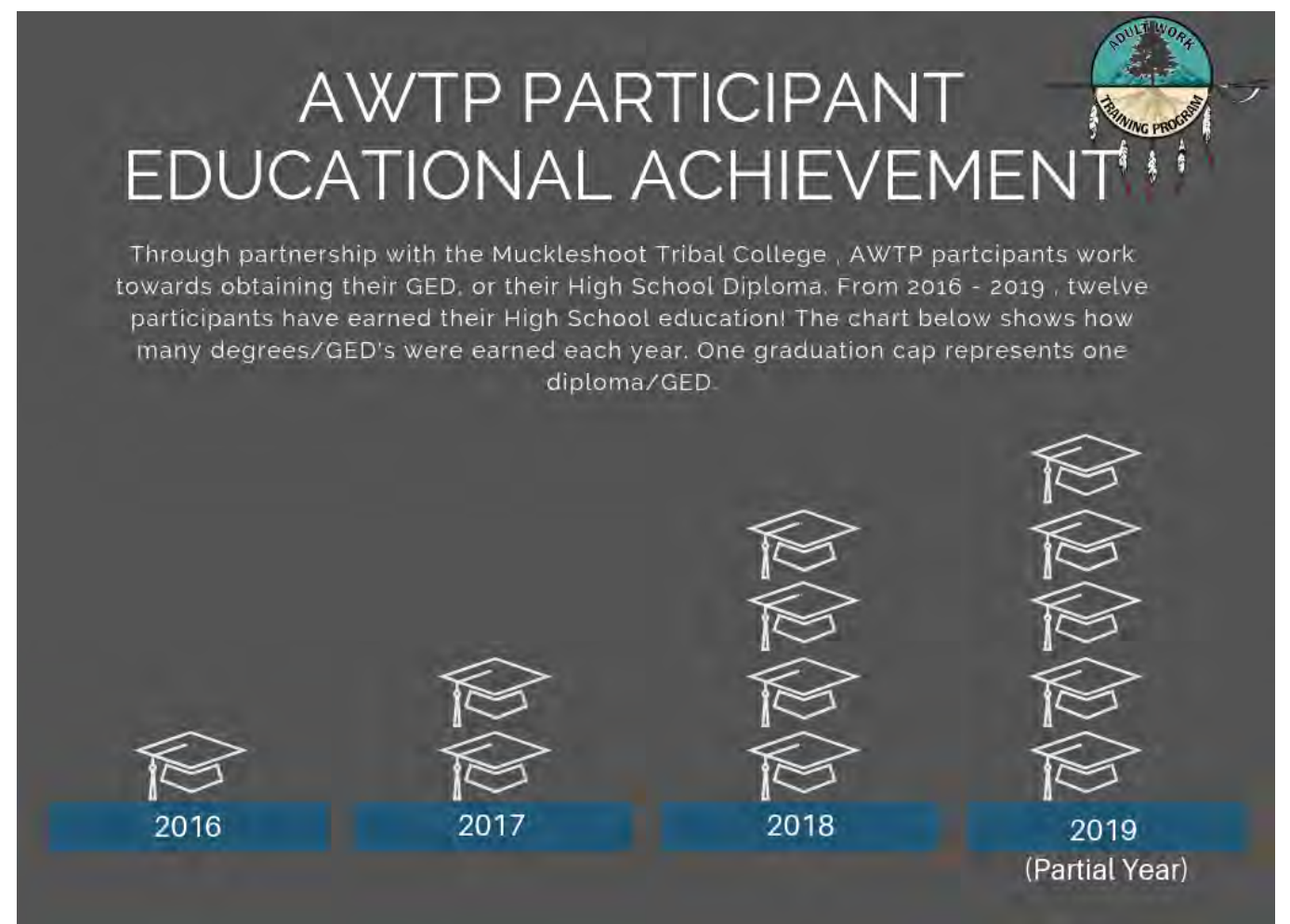
ASHLEY SLOAN
Training & Development Coordinator



CHAYNE BUCHANAN
Field Supervisor



ELIZABETH BECERRA
Placement Coordinator




AWTP PARTICIPANT TRAININGS AND WORKSHOPS

EXTERNAL TRAININGS

- First Aid/CPR
- Flagger's Certification
- Bullying & Harassment in the Workplace
- EverSafe Driver's Education
- Money Skills for Life
- Typing/Computer Skills
- Custom



CONTACT INFORMATION

Ashley Sloan, MPA
Office: 253-876-2920
Mobile: 253-259-0570
Email: ashley.sloan@muckleshoot.nsn.us

INTERNAL TRAININGS

PHASE 1: FOUNDATIONS OF EMPLOYMENT
First month of program

- Workplace Ethics
- Overcoming Obstacles
- Organization and Time Management
- Customer Service
- Workplace Professionalism
- Managing Your Money
- Career Exploration

PHASE 2: PERSONAL & PROFESSIONAL GROWTH
Month 3-4 of program

- Leadership
- Career Growth
- Education Exploration
- Personal Improvement
- Workplace Professionalism 2.0

PHASE 3: PREPARING FOR CAREER SUCCESS
Month 6-7 of program

- Career Connected Learning
- Career Planning
- Resumes/Cover Letters/Applications
- Job Search Strategies
- Interview Preparation

2019 PARTICIPANT ACCOMPLISHMENTS (AS OF AUGUST 2019)



CHUCK JANSEN
Crew Lead - AWTP
High School Diploma
Driver's License



BEATRICE JANSEN
Driver's License



EMANUEL ALLEN
High School Diploma



CHRISTINE ELKINS
Muckleshoot Bingo Hall



ALEENA THAO
High School Diploma
Driver's License



MICHAEL COURVILLE
GED
Driver's License



SAMUEL ADAME
Muckleshoot Building Maintenance



TAMARA MOSES
Muckleshoot Finance
GED



COREY WARD-JERRY
Muckleshoot Family Resource Center



ISAIAH ASPHY
Muckleshoot Housing Authority



VERONICA NAVARRO-MOSES
Muckleshoot Family Resource Center



JOEY COURVILLE
Driver's License



KATHRYN WARD
Muckleshoot Market and Deli



STANLEY LEONARD
Muckleshoot Public Works

FIRST DAY OF SCHOOL!



More than 50 people gathered for the ceremonial raising of the Seahawks 12 flag.



We've heard reports that Oakland, CA also has a football team.

Congratulations to our new Skopabsh Royalty

- Kiya: Ada McDaniel
- Miss Skopabsh: Sancha Moses
- Jr. Miss Skopabsh: Lani Starr
- Li'l Miss Skopabsh: Staisa Gourdine
- Skopabsh Warrior: Shane Moses
- Skopabsh Li'l Warrior: Weston Sam



Ada McDaniel Sancha Moses



Lani Starr Staisa Gourdine Shane Moses Weston Sam



JOHN LOFTUS PHOTOS

Thank you to our outgoing Skopabsh Royalty!



In beautiful Tomanamus Forest.

Since Time Immemorial Tribal School Teacher Immersion Training

By Valerie Segrest

This August, over 150 tribal school staff comprised of teachers, para educators, culture staff and aids participated in a three-day training during which our educators spent time immersed in Muckleshoot historical territories like Saltwater State Park, Federation Forest and the Tomanamus Forest.

They participated in a canoe pull, studied numerous traditional plants and their uses, hiked through edible mushroom trails constructed by our students and gained many skills in culturally relevant teaching styles and outdoor education.

This training is intended to hold up the Cultural Ecosystems Field School Curriculum as well as the Tend, Gather, Grow Curriculum – a project that has been ongoing for nearly five years.

The intention is to ensure that tribal school students experience cultural learning that takes a strong approach to science, technology, engineering and mathematics. Further, to assist tribal school educators in utilizing strategies that makes cultural connections in every-day learning across all subjects. In short, Muckleshoot cultural studies are based on pillars of relevancy,



A happy crew on the Muckleshoot Canoe relationships, responsibility and rigor – these topics are at the center of teaching and not just an add-on to curriculum.

In order to put theory in to action, it is vital for our educators to have experienced what we mean when we say to uphold our cultural teachings in our classrooms. That requires them to be immersed in experiential learning. We are so proud of the enthusiasm the teachers showed up with and the inspirational words they shared at the end of this training. We are encouraged by their commitment to this work and look forward to a good academic year and more to come in to the future.



Learning about native plants.

Tomanamus Forest Summer Youth Crew 2019

Cinnamon Bear Enos, Education Forester Hancock Forest Management

Hands up to the Muckleshoot Federal Corporation's 2019 Summer Youth Crew who completed ten-weeks of working and learning in Tomanamus Forest. Feedback from the crew showed that they thought the program's work and experiences were important in preparing them for future jobs, connecting with their lands and their culture, helping them learn and grow and even relieve stress.

Each week they worked in the forest restoring trails and pulling invasive and noxious species, went on education field trips to local higher education institutions and industry businesses, and participated in Traditional Ecological Knowledge activities.

A major goal of the program is to instill a passion for stewardship and promote further studies or



At the Orting fire.

careers in natural resources. Each week crew members participated in field experiences with forest industry professionals. They especially appreciated being able to see the work of the Muckleshoot Federal Corporation's Silviculture Crew,



Touring the mill.



Canoe Journey.

SCCII. They also took field trips to UW and Green River, the Burke Museum, the SPI Mill and NC Machinery.

Traditional Ecological Knowledge classes and experiences were especially important to the youth, who have already put their learning into practice. The youth learned about medicine and food identification and helped put together some of the medicines for the First Aid kits prepared for Canoe Family for Journey. They participated in a canoe pull with the Canoe Family and later helped bring canoes onshore during Journey. They helped gather fireweed, cattail and nettle for the New Teacher Orientation hosted by Muckleshoot Tribal School and a few even showed up at the event to

help teach cordage. Towards the end of the summer, they learned to prepare and cook in a pit oven. They put that into practice a week later, hosting a luncheon for Elders, where they prepared and cooked root veggies in the pit oven and cooked salmon and oysters over the fire. A huge thank you to the cultural teachers who shared their knowledge with the youth crew.

Thank you to all who participated directly and indirectly with this important program that helps connect us to the land, provides opportunity for stewardship and reciprocity, fosters growth and builds important skills and experiences!



Covering the pit oven.

Tribal Member Angelica Roberts opens Blast & Dash party business

By Robert Whale, with thanks to the Auburn Reporter

Muckleshoot tribal member Angelica Roberts has seen it happen over and over since she launched her mobile party entertainment business, Blast and Dash, this past spring. Watching even button-down business types, Nerf guns or Nerf Laser Tag Blasters gripped in their eager hands, devolve again into giggling boys and girls, taking to heart her instruction to have fun.

"Since I opened in April, I have already had 22 events. It's taken off quite quickly," Roberts said of her enterprise. "I've found that at the adult parties, some people like shooting their boss with Nerf guns, and the boss doesn't mind shooting the staff. It's a good way to get the stress out for team-building, too."

Of course, it's not just for adults. Her first large event, a mother-son PTA fundraiser at Lakeland Hills Elementary, pulled in more than 450 people. "They had way more than they expected, and they had a blast," Roberts said.

Since that time, Blast and Dash again delighted more than 450 kids at the recent Auburn Kids Day, completed its first glow-in-the-dark party, done team building for local business, worked the recent community night out for the Nisqually Tribe's Police Department, and even provided the fun for a family biker rally.

"I can do 'em in a gym, I can do 'em in a backyard, I can do 'em in a large conference room, in a field, I've done one in a youth fa-



Angelica shows how it's done.

cility. I've got a party from almost every party I've had. That means I must be doing customer service right," Roberts said.

Four years ago, Roberts opened her first business venture, a boxing gym, but the business folded after two years, beaten by high overhead and rent she could no longer afford. Never one to sit still, Roberts – the first member of the Muckleshoot Tribe to earn an MBA at the Muckleshoot Tribal College – began scouting out a different, less costly business model.

The actual idea for Blast and Dash she got from two Nerf gun parties her son, Taz, attended.

"My son is my little inspiration. In kindergarten, he went to a place in Des Moines for the party, and I started looking at it because it looked good, and I thought I could do it better," Roberts said.

To date, Roberts said, she has invested more than \$16,000 into the business. "It took me nine months to get my order from China for all this," she said.

When the call comes, Roberts stuffs her

gear into her van. Depending on her customers' preferences, "gear" could be Laser Tag guns, Nerf guns and bullets, upgraded Nerf guns, a 10-piece, inflatable mobile battlefield, a camouflage battlefield complete with deer screens and netting, and bouncy huts for the little kids. She even has pink camouflage netting to please the little girl party set.

"I bring everything, bullet bags, ammo bags, safety glasses, because everyone has to wear safety glasses, even the adults. I supply everything," Roberts said. "The best feedback I've gotten is from the parents, who are happy that I take care of all the games and entertainment."

Before each party, Roberts lays down the ground rules, and directs the mayhem, which typically rages for one to two hours. For pricing and additional information, check out Robert's webpage, BlastandDash.com, or on Facebook at www.facebook.com/blastanddash/



YDP End-of-Baseball-Season Party. We would love to thank Tabitha Baker and the YDP program and baseball families for having us at the end of Season Baseball team party! It was a blast!



Census 2020: Address Canvassing (Door to Door Accuracy Check)

In preparation for the 2020 Census, U.S. Census Bureau employees will begin "Address Canvassing", which is the next step in making sure the Muckleshoot Indian Reservation gets a complete count in the 2020 Census.

The Address Canvassing will be done in some neighborhoods on the Muckleshoot Indian Reservation on **Friday August 23rd - Friday Oct. 4th, 2019.**



What is Address Canvassing?

Address canvassing is the process by which the U.S. Census Bureau validates, corrects, or deletes existing Census Bureau addresses, adds missing addresses, and adds or corrects locations of specific addresses before a decennial census.

In previous address canvassing operations, field representatives walked every road and visited each residential address in the United States. At this time, only select addresses will be canvassed. Census Bureau employees will go door to door to update address lists that could not be verified through an in-office canvassing operation. They will not be asking for information about individuals but rather about addresses and habitable locations.

Census employees will have an identification card

They will also have laptops with a Census Bureau logo on the top and a black canvas bags with a Census Bureau logo. There's a list of houses they'll visit, but the addresses of the listed houses cannot be disclosed. The workers will not stop by at every house on the Reservation, but just some in the list.



What is a Protocol for Address Canvassing Employees?

Here's a protocol for the Address Canvassing employees to go to houses in the list.

- 1) Knock the door only one time. If someone opens the door, the employee will do the following.
 - Show his/her Census Employee Identification badge
 - Hand over confidentiality statement to the person who opens the door
- 2) Ask the following inquiries.
 - ⇒ Are there any other houses located on this property? (i.e. new house is being built, a RV is used as resident on the property)
 - ⇒ Are there any other persons who are not family members residing in this house? (i.e. someone rents a room in this house)

Should only take about 5 to 10 minutes of your time.

How to verify employment?

We realize that Census employees may draw the attention of residents or law enforcement personnel who are concerned about the presence of strangers in their neighborhoods. Please share the information below with public safety officials in case a need arises to verify the employment of a Census employee.

Each temporary decennial Census employee will have an official identification card with the employees name, picture, and an expiration date. Regional level staff can be identified by their Personal Identity Verification (PIV) Card. Both temporary and regional level staff can be identified by their laptop computer with a Census Bureau logo on the top, and a black canvas bag with a Census Bureau logo.

TO VERIFY AN EMPLOYEE WITH THIS TYPE OF ID:

To verify the identity of a Census employee, you can call the Los Angeles Regional Census Center at

15350 Sherman Way, Suite 400

Van Nuys, CA 91406-4224

E-mail: Los.Angeles.Regional.Office@census.gov

Phone: (818) 267-1700 or 1-800-992-3530

FAX: (818) 267-1714 TDD, (818) 904-6249

If you have any questions regarding the 2020 Census, please contact "Census Contact Liaison" for the Muckleshoot Indian Tribe as follows:

Gik - Krongthip Sangkapreecha, Ph.D.

Planning Director

39015-A 172nd Ave. S.E.,

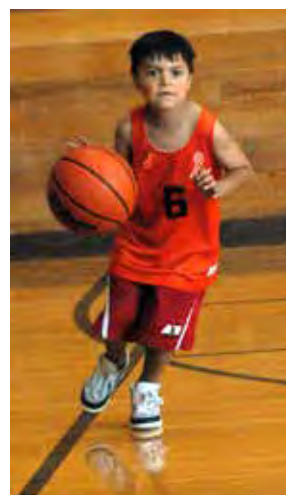
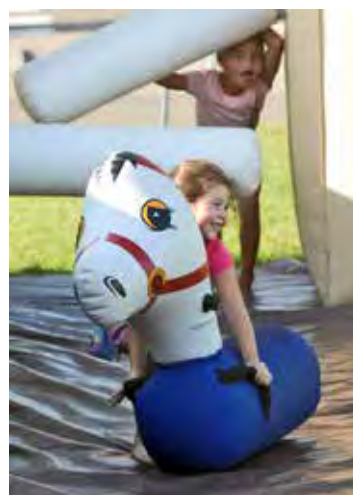
Auburn, WA 98092

Email: ktsang@muckleshoot.nsn.us

Phone: 253-876-3329

National Night Out

August 6, 2019



Chinook Salmon Fishery

PHOTOS BY JOHN LOFTUS



Keta Creek Derby!



Phil Hamilton with Seattle Times Environment Reporter Lynda Mapes



MTS Fall Sports 2019 Schedules

ALL DATES AND TIMES ARE SUBJECT TO CHANGE

Varsity Football

| Date | Day | Opponent | Time | Place |
|--------|----------|--------------------|-----------|-----------------|
| 6-Sep | Friday | Chief Leschi | 7 p.m. | Chief Leschi |
| 13-Sep | Friday | Clallam Bay | 6 p.m. | CBHS |
| 20-Sep | Friday | Lummi Nation | 7 p.m. | Lummi |
| 28-Sep | Saturday | Seattle Lutheran | 1 p.m. | SLHS |
| 4-Oct | Friday | Tacoma Baptist | 5:00 p.m. | MTS |
| 11-Oct | Friday | Seattle Lutheran | 5:00 p.m. | MTS |
| 18-Oct | Friday | Rainier Christian | 5:00 p.m. | MTS |
| 24-Oct | Thursday | Evergreen Lutheran | 6:30 p.m. | Franklin Pierce |
| 2-Nov | Saturday | Quilcene | 1 p.m. | QHS |
| 8-Nov | Friday | Playoffs | TBD | TBD |

First Practice: 8/21

Varsity Volleyball

| Date | Day | Opponent | Time | Place |
|--------|-----------|-----------------------|---------|-------|
| 10-Sep | Tuesday | Alumni Game | 5:00 PM | MTS |
| 12-Sep | Thursday | Chief Leschi | 5:00 PM | MTS |
| 18-Sep | Wednesday | Chief Leschi | 6:00 PM | CL |
| 19-Sep | Thursday | Seattle Lutheran | 6:00 PM | SL |
| 24-Sep | Tuesday | Crosspoint | 5:00 PM | MTS |
| 25-Sep | Wednesday | Tulalip Heritage | 5:00 PM | THHS |
| 26-Sep | Thursday | Rainier Christian | 6:00 PM | RC |
| 1-Oct | Tuesday | Quilcene | 5:00 PM | MTS |
| 3-Oct | Thursday | Northwest Yeshiva | 6:00 PM | NWY |
| 8-Oct | Tuesday | Concordia Christian | 5:00 PM | MTS |
| 10-Oct | Thursday | Auburn Adventist | 6:00 PM | AA |
| 15-Oct | Tuesday | Tacoma Baptist | 5:00 PM | MTS |
| 17-Oct | Thursday | Tulalip Heritage | 5:00 PM | MTS |
| 22-Oct | Tuesday | Pope John Paul II | 5:00 PM | MTS |
| 24-Oct | Thursday | Puget Sound Adventist | 6:00 PM | PSAA |

First Practice: 8/26

Varsity Girl's Soccer

| Date | Day | Opponent | Time | Place |
|--------|-----------|------------------------|---------|----------------|
| 7-Sep | Saturday | Jamboree | 4/4:30 | Sparks Stadium |
| 13-Sep | Friday | Auburn Adventist | 3:30 PM | MTS |
| 17-Sep | Tuesday | Crosspoint | 4:00 PM | Crosspoint |
| 18-Sep | Wednesday | Annie Wright | 5:15 PM | AWHS |
| 24-Sep | Tuesday | Evergreen Lutheran | 3:30 PM | MTS |
| 26-Sep | Thursday | Mount Vernon Christian | 4:00 PM | MVCHS |
| 1-Oct | Tuesday | Auburn Adventist | 5:30 PM | MTS |
| 4-Oct | Friday | Evergreen Lutheran | 3:00 PM | ELHS |
| 7-Oct | Monday | Annie Wright | 3:30 PM | MTS |
| 8-Oct | Tuesday | Auburn Adventist | 5:30 PM | MTS |
| 10-Oct | Thursday | Crosspoint | 3:30 PM | MTS |

First Practice: 8/26

Cross Country

| Date | Day | Opponent | Time | Location |
|--------|-----------|---------------------|---------|------------------------|
| 17-Sep | Tuesday | SeaTac Meet 1 | 4:00 PM | St. Martins University |
| 25-Sep | Wednesday | SeaTac Meet 2 | 4:00 PM | Auburn Adventist |
| 3-Oct | Thursday | SeaTac Meet 3 | 4:00 PM | Seward Park |
| 10-Oct | Thursday | SeaTac Meet 4 | 4:00 PM | Wapato Hills Park |
| 16-Oct | Wednesday | SeaTac Meet 5 | 4:00 PM | Lincoln Park |
| 24-Oct | Thursday | SeaTac Championship | 4:00 PM | Kitsap Golf & Country |

First Practice: 8/26

Middle School Volleyball

| Date | Day | Opponent | Time | Place |
|--------|-----------|-------------------|---------|----------|
| 23-Sep | Monday | Crosspoint | 3:30 PM | CP |
| 27-Sep | Friday | Rainier Christian | 3:30 PM | MTS |
| 30-Sep | Monday | Heritage | 3:30 PM | Heritage |
| 4-Oct | Friday | Heritage | 3:30 PM | MTS |
| 7-Oct | Monday | Tacoma Baptist | 3:30 PM | MTS |
| 9-Oct | Monday | Tacoma Baptist | 3:30 PM | TB |
| 14-Oct | Tuesday | Chief Leschi | 3:30 PM | CL |
| 16-Oct | Wednesday | Rainier Christian | 3:30 PM | RC |
| 21-Oct | Monday | Pacific Christian | 3:30 PM | MTS |
| 23-Oct | Wednesday | Crosspoint | 3:30 PM | MTS |

First Practice: 9/3/2019



Go Kings!!!

Muckleshoot Tribal School 2019/2020 School Calendar

| July 2019 | | | | | | | August 2019 | | | | | | | September 2019 | | | | | | |
|-----------|----|----|----|----|----|----|-------------|----|-----|----|----|----|----|----------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| | 1 | 2 | 3 | 4 | 5 | 6 | | | | 1 | 2 | 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27* | 28 | 29 | 30 | 31 | 29 | 30 | | | | | |

| October 2019 | | | | | | | November 2019 | | | | | | | December 2019 | | | | | | |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 29 | 30 | 31 | | | | |

| January 2020 | | | | | | | February 2020 | | | | | | | March 2020 | | | | | | |
|--------------|----|----|----|-----|----|----|---------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| | | | 1 | 2 | 3 | 4 | | | | | | | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 12 | 13 | 14 | 15 | 16^ | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 26 | 27 | 28 | 29 | 30 | 31 | | 23 | 24 | 25 | 26 | 27 | 28 | | 29 | 30 | 31 | | | | |

| April 2020 | | | | | | | May 2020 | | | | | | | June 2020 | | | | | | |
|------------|----|----|----|----|----|----|----------|----|----|----|----|----|----|-----------|----|----|-----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| | | | 1 | 2 | 3 | 4 | | | | | | 1 | 2 | | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 14 | 15 | 16 | 17# | 18 | 19 | 20 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 26 | 27 | 28 | 29 | 30 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 28 | 29 | 30 | | | | |
| | | | | | | | 31 | | | | | | | | | | | | | |

2019-2020 Calendar Details

- **School Day** - 7:30 - 3:30 PM
- **Continue early release** on Fridays @ 12:10 PM - Buses load at 12:30 PM
- **First Day of School** - Tuesday August 27
- **Professional Development Days** at the Start and End of the School Year + one per month in Sept., Oct., Nov. & Jan.
- **Return from Christmas Break** on Monday, January 6th
- **A Full Week Midwinter Break** in February (aligned to Auburn and Enumclaw)
- **Spring Break** the first full week of April (aligned with Auburn SD)
- **Last Day of School** - June 17th (unless there are snow days during the year)
- **Professional Development Days** on June 18, 19 & 22 (could be shifted back to accommodate snow makeup days)

Muckleshoot Tribal School
 15209 Se. 376th St. Auburn, WA 98092
 Phone 253-931-6709

| | | |
|--|--|--------------------------------------|
| SPECIAL DAYS - Subject to Change | GREEN -EARLY RELEASE(12:30 Bus) | * First Day of School 8/27/19 |
| YELLOW - STAFF ONLY | PURPLE - SUMMER SCHOOL | ^ End of Quarter/Semester |
| PINK/RED - NO SCHOOL | | # Last Day of School |
| BLUE - HOLIDAYS | | Graduation 6/12/20 |
| School Website-www.muckleshoottribalschool.org | | Closures Website-www.flashalert.com |



College and Career Educations Opportunity Program 2019 Summer Session Report

By Sonja Moses, CCEOP
Program Manager

Retention Rate

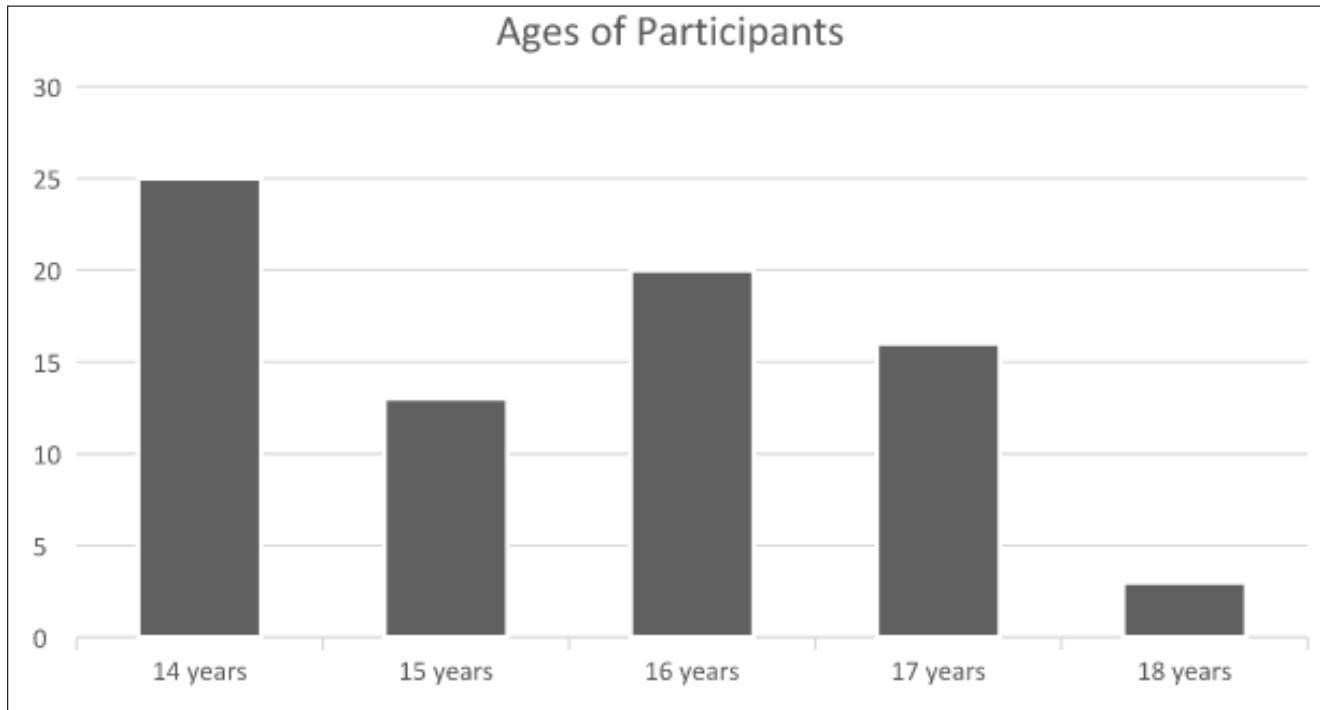
Of the 86 Youth Participants hired, 64 completed the program.

Sight Placement and Number of Youth Participants Placed

- Culture Program/Canoe Club (5)
- Muckleshoot Childhood

- Development Center (9)
- Human Resources Department (1)
- Equine Program (15)
- Emergency Preparedness (3)
- Building Maintenance (2)
- Haggen Grocery, Lakeland Hills (6)
- Philip Starr Building (2)
- Pentecostal Church (3)
- Muckleshoot Deli (2)
- Muckleshoot Tribal School (5)
- Elders Complex (3)
- General Services (2)
- Grant Writing (2)
- Event Planning (2)
- Early College Program (15)
- Fisheries (2)
- CCEOP (1)
- Wellness Center (1)

CCEOP Youth Participants Categorized by Age



| APPLICATION PERIODS | | MIT Scholarship Program Phone: 253-876-3378 Email: ScholarshipsDept@Muckleshoot.nsn.us During our application periods visit our online application to apply https://memberportal.muckleshoot.nsn.us • Applications must be submitted 30 days prior to the start of your term. • If your term does not have a typical start date or schedule, call and email us to arrange a time to apply. • Applications, paperwork, funding, etc. takes 10 business days to process. For more info about the Scholarship Program, visit our website: http://tinyurl.com/mitScholarshipProgram |
|-----------------------|------------------------|--|
| FALL 2018 | WINTER 2019 | |
| JUNE 15TH To AUG 17TH | OCT 26TH To DEC 7TH | |
| SPRING 2019 | SUMMER 2019 | |
| DEC 21ST To MARCH 1ST | APRIL 12TH To MAY 24TH | |

Hello

Are you a Muckleshoot Tribal member who is planning on attending college this Fall?

If you are a new or returning student who has never used our scholarship portal, please visit;

www.memberportal.muckleshoot.nsn.us

Then create an account and in about 24 to 48 hours you can begin the application process. The portal will be available between June 15 and August 17. For more information contact Melissa Searcy at 253-876-3378

Believing in Education

HIGHER EDUCATION DEPARTMENTS

MUCKLESHOOT TRIBAL COLLEGE

Denise Bill, Ed.D
Executive Director of Higher Education

Adult Basic Education Department
ABE/GED/HS21+/Continuing Education

Mitzi Cross-Judge
Continuing Education Manager
(253) 876 - 3395
Mitzi.Judge@muckleshoot.nsn.us

Cary Hutchinson
Adult Education Specialist
ABE/GED/HS21+ Instructor
(253) 876 - 3375
Cary.Hutchinson@muckleshoot.nsn.us

Melissa Reaves
Adult Education Specialist
ABE/GED/HS21+ Instructor
(253) 876 - 3256
Melissa.Reaves@muckleshoot.nsn.us

NT PLUS Department
(Formerly known as M.O.S.T.)

Kwanna Wise
Career & Technical Education Manager
(253) 876 - 3344
Kwanna.Wise@muckleshoot.nsn.us

Queena Sneatlum
Career & Technical Community Liaison
(253) 876 - 3292
Queena.sneatlum@muckleshoot.nsn.us

Miguel Arreguin
Information Technology Instructor
(253)876 - 2829
Miguel.Arreguin@muckleshoot.nsn.us

Andrew Bruce
Information Technology Instructor
(253)876 - 2829
Andrew.Bruce@muckleshoot.nsn.us

Muckleshoot Scholarship Department

Marie Marquez
Scholarship Director
(253) 876 - 3382
Marie.marquez@muckleshoot.nsn.us

Dena Starr
Scholarship Program Manager
(253) 876 - 3147
Dena.starr@muckleshoot.nsn.us

Jocelyn Patterson
Lead Academic/Career Advisor
(253) 876 - 2921
Jocelyn.patterson@muckleshoot.nsn.us

Steven Yanish
Academic/Career Advisor
Office: (253) 876 - 3210
Cell: (253) 329 - 6603
Steven.Yanish@muckleshoot.nsn.us

Cord Rose, MPA
Higher Ed Analyst & Researcher
(253) 876 - 2912
Cord.rose@muckleshoot.nsn.us

Melissa Searcy
Administrative Specialist II
(253) 876 - 3378
Melissa.Searcy@muckleshoot.nsn.us

College and Career Education Opportunities Program (CCEOP)

Sonja Moses
College and Career Education Opportunities Program Manager
(253) 876 - 3372
Sonja.moses@muckleshoot.nsn.us

Tyler Spencer
Youth Crew Supervisor
(253) 876 - 2858
Tyler.spencer@muckleshoot.nsn.us

Josie Benito
Youth Crew Supervisor
(253) 876 - 2839
Josie.Benito@muckleshoot.nsn.us

Lena Baker
Youth Crew Supervisor
(253) 259 - 0652
Lena.baker@muckleshoot.nsn.us

Northwest Indian College – Muckleshoot Campus

Jonathan Tomhave
Site Manager
(360) 255 - 4433
jtomhave@nwic.edu

What does a Northwest Indian College education look like?
It looks a lot like you.

APPLY TODAY
www.NWIC.edu

EARN A BACHELOR'S DEGREE IN YOUR OWN COMMUNITY

NORTHWEST INDIAN COLLEGE

NOW OFFERING A B.A. IN TRIBAL GOVERNANCE & BUSINESS MANAGEMENT AT OUR MUCKLESHOOT CAMPUS

NWIC - Muckleshoot, (253) 876-3183
39811 Auburn-Enumclaw Hwy

MODES OF STUDY

GED

They will be on an alternating morning and afternoon schedule to accommodate different schedules.

The four test subjects are rotated as well for student convenience.

A calendar is posted monthly with class schedules.

anywhere they have an internet connection and a computer. The program is set up to teach only the topics needed to pass the GED test and continually adjusts to address individual needs. If needed, a companion book can also be used.

INDIVIDUAL TUTORING

Both instructors are available for individual tutoring Monday - Friday on both a walk-in and scheduled basis. The best times for instructor availabilities are:

- o Mondays 9am to 3pm
- o Tuesdays 12pm to 3pm
- o Wednesdays 12pm to 3pm
- o Thursdays 12pm to 5pm
- o Fridays 12pm to 5pm

(Times subject to change.)

SELF-PACED STUDY

Students are welcome to study at their own pace.

HYBRID/COMBINATION

Students are welcome to and encouraged to use multiple modes of study to match their learning style, comfort level, and desired testing time frame.

CONTACT INFO:

ABE/GED Instructor: Cary Hutchinson
Cary.Hutchinson@muckleshoot.nsn.us
253-876-3375

ABE/GED Instructor: Melissa Reaves
Melissa.Reaves@muckleshoot.nsn.us
253-876-3256

Muckleshoot Tribal College
39811 Auburn Enumclaw Road SE Auburn, WA 98092



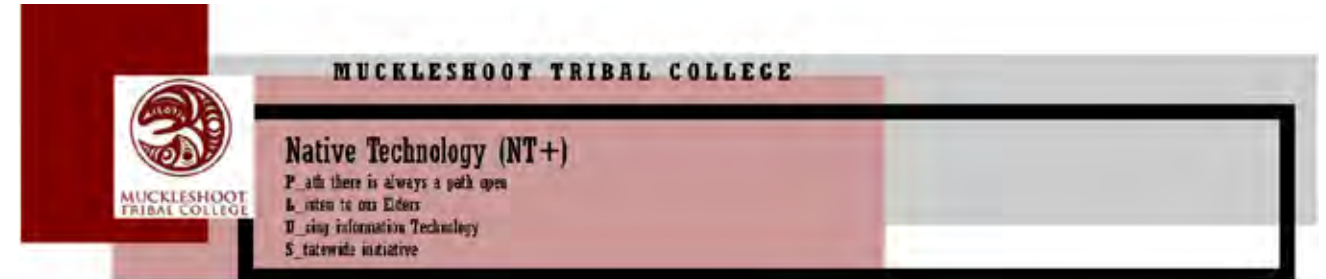
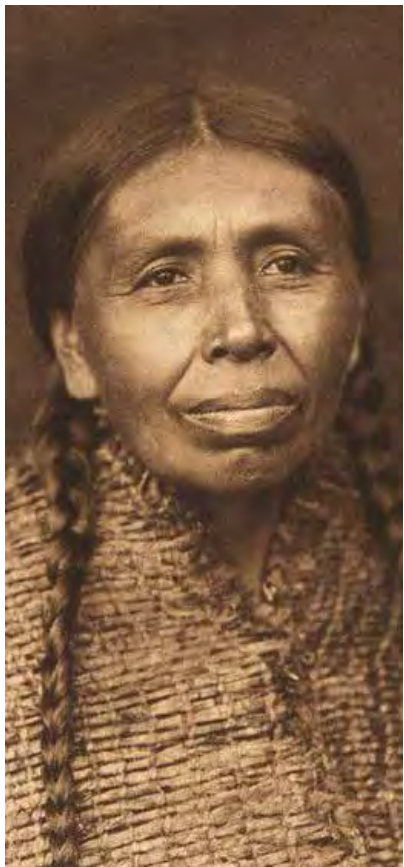
MTC Early College Program 2019, 10th annual ECP

Over the last ten years, we have supported 120 High Schools students to reach their education goals. Of those 120 high school students, 20 of them attended more than once. This year we collaborated with both the Muckleshoot College Career Education Opportunity Program (CCEOP) and, for the first time, a remote site with Auburn School District.

eighty teacher. She worked with the students on understanding and defining what cultural sovereignty means to them. The Muckleshoot Language department sent us teachers to make sure the students were learning their language on their home turf. NT plus took on the task of teaching our youth project management.

This year's field trips were; Amazon Headquarters, Keta Creek fish hatchery, the canoe landing at Alki Beach, Federation Forest, Evergreen College, and Squaxin Museum. These trips were designed to show them possible careers, history and science, and educational paths

This year we tried out some class subjects we had not done before; Environmental Science, History Cultural Sovereignty, Project Management, and Language. We worked with Dr. Michele Montgomery from UW as the primary teacher for Environmental Science. Dr. Montgomery collaborated with Cinnamon Bear Enos to combine in-classroom Zoom classes with Dr. Montgomery and in the field with Cinnamon. Muckleshoot Tribal member, Romajeane Thomas, was our Cultural Sovereignty



Career & Technical Education Programs Offered at MUCKLESHOOT TRIBAL COLLEGE:

| Associate of Applied Sciences Information Technology-Systems & Security (AAS) | Stand Alone Cert Programs |
|--|--|
| <ul style="list-style-type: none"> Requires HS Diploma/GED & photo ID Muckleshoot Scholarship Eligible 3 – 7pm Monday Tuesday Wednesday Spring Classes IT 160 Windows Server Administration I IT 135 CompTIA Security + Certification Preparation <p>Second Cohort starts September 2019!!</p> | <ul style="list-style-type: none"> Single classes Microsoft Certified Professional Project + A+ (I, II) Muckleshoot Tribal Incentive Payment Eligible |
| USED TO BE | NOW |
| <p>MOST</p> <p>The Grant for the MOST program has ended & we now offer the:</p> <p>GRC/MTC Office Training Program →</p> | <p>GRC/MTC Office Training Program</p> <ul style="list-style-type: none"> Offered until Spring 2019 Quarterly Enrollment Muckleshoot Scholarship Eligible WORD, Excel, Windows, Email, Outlook & Communication Beginning & Intermediate levels May take for Professional Development without Scholarship incentive |

Green River College & Muckleshoot Tribal College

*Start and End Dates
Fall Quarter
10/23-11/16
12/01-12/16*

*Classes held
Tuesday
Evening*

MUCKLESHOOT TRIBAL COLLEGE

Green River College Green River College & Muckleshoot Tribal

39811 Auburn Enumclaw Rd. SE
Auburn, WA 98002

Phone: 253.876.3183
Fax: 253.876.2995
E-mail: Michele.Rodarte@muckleshoot.nsn.us
Kwanna.Wise@muckleshoot.nsn.us

Michele Rodarte 253 876 3291
Kwanna Wise 253 876 3344
Denise Bill 253 876 3345

The road to your future is under Construction.

Pre Apprentice Program

Muckleshoot Tribal College, AWTP, HR, & Housing Departments in partnership with GRC

A 10 week program to prepare Muckleshoot Tribal members on the Industrial Woodwork field through Industrial Education 101

- You will earn 66 Classroom/Training Total Hours and earn 4 College Credits
- Come learn some of the information about the industrial woodworking trade field and earn multiple certifications throughout the course to develop a working knowledge in area's like assembling, layout, fastening and finishing
- Training on how to use hand and power tools, building and keeping a personal wood project during the course
- Upon successful completion of the program each student will receive college credits and certifications as well as a course requirement towards an AAS Degree

Eligibility Requirements for Green River and industry:

- Muckleshoot Tribal member 18 years of age and above
- Completed a GED or High School Diploma
- Pass a Drug Screen at Human Resource Dept. We will inform you of the date, time & location.
- Physical Assessment- lift, carry, climb, bend, shovel, and more
- Pass an employability interview

THE ROAD TO SUCCESS IS ALWAYS UNDER CONSTRUCTION

Physical Requirements for the carpentry field and other trades

- Climb and work on heights
- Work in weather, including cold, wet, hot etc.
- Tolerate 8 hours of physical activity, standing, lifting, carrying, bending, climbing
- Work independently and as a team

Upon Completion students will be able to :

- Skills in the trade, related to the layout, assembling, joining, fastening and finishing
- Practical application through the use of hand and power tools
- Building a Personal Project & a Group Project
- Basic Woodworking Skills including but not limited to those listed
- Certification in Forklift Training
- Certification in Flagger Training
- Class by Green River College in Leadership

Course Schedule: Subject to Change

- Muckleshoot Tribal College, Tuesday & Wednesday from 8am to 2pm
- Green River College, Thursday 1pm to 4pm & Friday 10am to 2pm
- 1st Week—Forklift Training Day One & Flagger Training on Day Two, go over course and summary
- Those who pass requirements of the first week will proceed for the duration of the course
- 10 week instruction 2 times/GRC and 2 times at MTC
- 2 Days a Week at MTC—Tuesday/Wednesday
- 2 Days a Week at GRC—Thursday/Friday

For more info or questions—contact:

- Michele Rodarte, Phone #: 253 876 3291
- Tribal College Administrator
- Kwanna Wise, Phone #: 253 876 3344
- Career/Technical Ed. Manager
- Denise Bill, Phone#: 253 876 3345
- Director of Adult & Higher Education

Front Desk of the Tribal College:
253 876 3183

MTC & RTC HS21+ PROGRAM

CONTACTS:
Cary Hutchinson
ABE/GED Instructor
Cary.Hutchinson@muckleshoot.nsn.us
253-876-3375
Melissa Reaves
ABE/GED Instructor
Melissa.Reaves@muckleshoot.nsn.us
253-876-3256

Are you over the age of 21? Did you not finish high school but would like your diploma?

Do you have 8 or more credits? Do you need 12 or less credits for WA State requirements? (20 total credits needed)

Do you feel your life experiences should count for something? Do you want a diploma and not just a GED?

If you answered "YES" to these questions, then what are you waiting for?

Let's get that diploma!!

RTC RENTON TECHNICAL COLLEGE

MUCKLESHOOT TRIBAL COLLEGE
Auburn, Washington

ATTENTION NEW PROGRAM: for enrolled Muckleshoot Tribal Members.

MIT PRIVATE SCHOOL ASSISTANCE PROGRAM

MIT PRIVATE SCHOOL ASSISTANCE PROGRAM 19-20

The Muckleshoot Private School Assistance Program (MIT-PSAP) is now accepting applications for the 2019-20 academic school year. The MIT-PSAP will pay for the following items:

- Application Fee – two application fees per academic year.
- Deposit fee (to reserve space in program)
- Private school testing fees.
- Private school fees and trips that are mandatory and that other MIT Programs will not cover the cost.
- Tuition for academic year and summer school tuition.

NOTE: The MIT –PSAP is not an income based program. The MIT –PSAP funds can be applied to any Private Preschool, Private Pre-Kindergarten, Private Early Childhood Education Programs, and Private School, it does not matter where it is located. Please do contact our offices to make sure that the Private School does meet the eligibility criteria.

For more information please contact the MIT Scholarship Office, located at the MIT College

Office hours: 8:00 am to 5:00 pm
Fax No. (253) 876-3082

Denise Bill, Exe. Director Of Higher Education (253)876-3345
Denise.Bill@muckleshoot.nsn.us

Marie Marquez, Financial Aid Director (253) 876-3382
Marie.Marquez@muckleshoot.nsn.us

Romajeane Thomas (253) 876-2830
Romajeane.Thomas@muckleshoot.nsn.us

Muckleshoot \$85,000 Stick Game Tournney

September 6, 7 & 8, 2019 ~ Muckleshoot Pow Wow Grounds

PHOTOS BY JOHN LOFTUS



Is There Really a Type 3 Diabetes?

by Colet Bennett, Diabetes Nurse – Muckleshoot Medical Clinic & Community Health Program

Types of Diabetes

It may be common knowledge that there are different types of diabetes; Type 1, Type 2 and a gestational diabetes that occurs temporarily during pregnancy. Most people are aware of Diabetes Type 1, this is when the body fails to make insulin. Type 2 diabetes is when the body does not use insulin properly.

Is there really a Type 3 Diabetes? The answer is No. Type 3 Diabetes is a relatively new and more of a research term than a medical term. Most doctors are not ready to use this as a diagnosis until more research is done. Type 3 diabetes is also a proposed term for Alzheimer's disease. A progressive type of dementia resulting from insulin resistance in our brain. It's a term that has been used for people who have type 2 diabetes and are also diagnosed with Alzheimer's or dementia. Research is suggesting that Alzheimer's disease should also be classified and called Type 3 diabetes.

The importance of Insulin

Insulin is a hormone used by the body to control glucose levels, or the amount of sugar, in blood. Glucose, when used correctly, is



one of the main sources of fuel to provide energy the body needs to perform all necessary functions. Untreated or uncontrolled diabetes overtime, can cause damage to our blood vessels, including the vessels in our brain.

The role of Insulin and Alzheimer's disease

There is currently no specific test for Alzheimer's disease. Research continues to clarify the role of insulin resistance and diabetes in the development of Alzheimer disease as well as investigating the role that diabetes treatments may have in the management of Alzheimer's disease.



State of Washington
Services Card

MARTHA WASHINGTON
123456789WA
Date Issued 5/10

ProviderOne

**ARE YOU NEEDING A
NEW PROVIDER ONE
CARD?**

YOU CAN GET A REPLACEMENT THREE WAYS!

- CALL 1-800-562-3022 EXT 15616
- ONLINE <https://www.waproviderone.org/client>
- COME IN TO THE MUCKLESHOOT MANAGED CARE DEPARTMENT!
17500 SE 392ND ST AUBURN WA 98092
253-939-6648

Muckleshoot Health & Wellness Center Hours

Monday-Friday

Gym 6:00am – 9pm
Sauna & Steam Room 6:00am – 8:30pm
Pool 6:00am – 8:30pm
Daycare 9:00am – 8:45pm

Saturday

Gym 8:00am – 5pm
Sauna & Steam Room 8:00am – 4:45pm
Pool 8am – 4:45pm
Daycare Closed

Medicare 101

Why do I need Medicare when I turn 65 yrs. old?
What does Medicare pay for?

Part A (Hospital Insurance)
Helps cover:

- Inpatient hospital stays
- Skilled nursing facility care

Part B (Medical Insurance)
Helps cover:

- Services from Doctors and other health care Providers
- Outpatient medical visits
- Durable medical equipment (like wheelchairs, hospital beds, and medical supplies)
- Preventative services (screenings, shots & Wellness)

**Come in to learn more
about Medicare coverages**

**Muckleshoot Health & Wellness Center
Managed Care Department**
17500 SE 392nd Street
Auburn, WA 98092

Part D (Prescription Drug coverage)
Helps Cover:

- Costs of Prescription Drugs/Medications

Pregnancy & Labor Support

Continuous Support When You Need It Most

What is a Pregnancy & Labor Support Specialist? They are women trained to provide continuous physical, emotional and informational support to a pregnant woman and her family during labor, birth and the days and weeks after the birth, while honoring their birth preferences. Pregnancy & Labor Support Specialists are a return to the tradition of women being surrounded and cared for by other women during childbirth. These services are a resource for both the laboring woman and the family and can help the birth family participate more fully in the process.

How Can Participating In The Program Help You?

Our Pregnancy and Labor Support Specialists:

- Help create a birth plan to help you navigate through your pregnancy and review your birth preferences.
- Provide emotional support by helping with relaxation techniques, encouraging a positive attitude, guiding you through rough moments and encouraging both you and your family during labor and delivery.
- Provide basic Childbirth Education.
- Stay with you throughout labor and birth, providing uninterrupted support to you and your family.
- Provide physical support by suggesting positions and strategies to enhance labor progress and/or minimize discomfort.
- Educate you during long or difficult labors and can offer suggestions and encouragement to help you cope during your labor progress.
- Work with the medical and nursing staff by providing continuous care and support from the minute you enter the hospital through the first hours after birth.
- Assist with breastfeeding.

To register for this program, or for more information, please contact the HWC Medical Clinic at 253-939-6648.

* You must be PRC (formerly CHS) eligible to utilize this service.

**FREE DIAPER BAG FILLED WITH
BABY SUPPLIES & PACK-N-PLAY
FOR PARTICIPATING IN THE
PROGRAM!!!**

Muckleshoot Health & Wellness Center

17500 SE 392nd Street, Auburn, WA 98092
Main Line: (253) 939-6648

| DEPARTMENT: | PHONE: | HOURS: |
|---|----------------|--|
| Behavioral Health Mental Health & Chemical Dependency | (253) 804-8752 | 8:00am – 5:00pm |
| Community Health/CHR's | (253) 939-6648 | 8:00am – 5:00pm Closed Lunch: 12:00p-1:00p |
| Dental Clinic | (253) 939-2131 | 8:00am – 5:00pm Closed Lunch: 12:00p-1:00p |
| Family & Youth BH Services Youth Mental Health & Chemical Dependency | (253) 333-3605 | 8:00am – 6:00pm |
| Medical Clinic | (253) 939-6648 | 8:00am – 5:00pm Closed Lunch: 12:00p-1:00p |
| MEIHSS Elders In-Home Support Services | (253) 876-3050 | 8:00am – 5:00pm Closed Lunch: 12:00p-1:00p |
| Optical Clinic | (253) 735-2020 | 8:00am – 5:00pm Closed Lunch: 12:00p-1:00p |
| Pharmacy | (253) 333-3618 | 8:00am – 6:00pm Lobby Closed 5:00p-6:00p Walk-Up window open 5:00p-6:00p |
| PRC formally named CHS Purchase Orders | (253) 939-6648 | 8:00am – 5:00pm Closed Lunch: 12:00p-1:00p |
| Recovery House | (253) 333-3629 | 24 hours |
| Registration Department | (253) 939-6648 | 8:00am – 5:00pm Closed Lunch: 12:00p-1:00p |
| Wellness Center | (253) 333-3616 | |
| Gym Hours | | Monday – Friday 6:00am – 9:00pm Saturday 8:00am – 5:00pm |
| Pool Hours | | Monday – Friday 6:00am – 8:30pm Saturday 8:00am – 4:30pm |
| WIC Office | (253) 939-6648 | Thursdays ONLY 8:00am – 4:30pm Closed Lunch: 12:00p-1:00p |

ALL DEPARTMENTS ARE CLOSED ON SUNDAYS

The Counseling Corner

National Suicide Prevention Awareness Month

By Katelyn Nies, LMHC & Hayley Henry, LMHC

Muckleshoot Behavioral Health Program

September is National Suicide Prevention Awareness Month. This month is a time to raise awareness about this important, life-saving topic and break the stigma of seeking mental health services. When communities are involved in suicide prevention by being aware of risk factors, warning signs, and safety resources, lives can be changed.

Risk Factors

- What are the signs that a friend or loved one may be in need of additional support or having thoughts of harming themselves? If you know someone who:
 - Experienced the recent suicide or loss of a friend or relative
 - Has a history or family history



Recently experienced a major disappointment or humiliation

How You Can Help

- If someone you know informs you that they are considering harming themselves or you know they're going through a difficult time, here are some ways you can support them:
 - Remain calm
 - Listen with compassion
 - Don't wait! Take all comments or threats of suicide seriously
 - Ask the question "Are you

of suicide or suicidal thoughts
Abuses drugs or alcohol
Is going through problems with their family and/or relationship

thinking of suicide?" –it's a myth that this question should not be asked

Refer for additional help in non-emergency situations (see Resources below)

Learn More & Get Involved!

Native Community Helpers is a community wide effort offered at Muckleshoot Indian Tribe to prevent suicide. Interested community members complete an hour and a half of training provided by Muckleshoot Behavioral Health Program. Community members learn how to identify individuals at risk, warning signs of a potential crisis, resources available, and how to support anyone at risk in seeking professional help. It's a great opportunity to develop skills and take an active role in supporting the community.

Welcome Celeste Misko, Physical Therapist

Celeste Misko, PT, is now providing physical therapy services to our patients at HWC. She was board certified in Orthopedic Physical Therapy in 2007 and recertified in 2017. She has a Doctoral Degree in Physical Therapy from the University of Montana, Missoula, graduating in 2014. Celeste was born in Ohio and has resided in several states from the Midwest to the Southeast as her family moved often. She played basketball in college and graduated from Jacksonville State University with Bachelors and Masters Degrees.



Celeste Misko

Celeste is interested in treating all types of orthopedic conditions including back and neck injuries, shoulder injuries, surgical rehabilitation, and injured athletes. She also works with people of all ages, from baby to adolescents, adults and the elders. Her treatment philosophy is focused on using manual therapy techniques and incorporating an exercise program while highlighting patient education to help them return to living life to the fullest.

When not working Celeste enjoys all the Pacific Northwest has to offer; hiking, kayaking, bicycling, running, and long walks on the beach with her family and two dogs.

Please contact your provider at the HWC Medical Clinic at (253) 939-6648 to talk about a referral to see Celeste.



October 10, 2019

Second Annual Community Day 5K Fun Run
Medicine Eagle Flats.

The Wellness Center has a running group that meets daily at noon to run. You have plenty of time to get in shape for this run or walk. All levels welcome. Come train with us.



Interested in learning how to swim like an Olympian? Want to learn to dive off the blocks?

Join the Muckleshoot Wellness Swim Club!

It is required to wear a swim suit (shorts, jammer or speedos for boys, one piece suit for girls) One suit will be provided and will be earned by attending every practice and being punctual. All skill levels are welcome to join from grades 6-12. Practice will begin September 23 @ 3pm-5pm Monday-Thursday, until November 25th. Signup sheet located at the Wellness Front Desk.



Saturday Sept. 28
Location: Softball fields 10:00 A.M.
Game times determined Wed. Sept. 25
Lunch will be served:
Hot dogs/hamburgers, chips and drink.
T-shirts for all participants
Family Softball Day
Come have some fun on the field
Family: direct family (Mother, Father, children 12yrs+, aunts & uncles, cousins)
3rd and 5th innings play determined by draw (kick ball, run bases opposite, bat opposite, big ball, etc.)
3rd out of every inning will wear costume
Contact Frankie: 253-876-3342 or Amy: 253-876-3047

Muckleshoot Wellness Center Swimming Lessons

| Days/Times | Monday/Wednesday | Tuesday/Thursday |
|-----------------|-------------------------------|-------------------------------|
| 10:30am - 12pm | Adult/Private | Adult/Private |
| 1pm - 2:30 | Parent Child/Level Pre. 1 & 2 | Level Pre. 1 & 2/Parent Child |
| 3pm - 4:30pm | Level 3 and 4 | Level 1 and 2 |
| 5:30pm - 6:30pm | Level 1 and 2 | Level 3 and 4 |
| 6:30pm - 7pm | Level 5 and 6 | Level 1 and 2 |

Name of Participant(s): _____ Age(s): _____

Adult/Parent/Guardian: _____ Cell Phone: _____

Notes for Instructor: _____

Not sure what level to sign up for? Come to the pool for an evaluation, or ask our Lifeguards.

Please select the class that works best for you below. This Session will be October 22nd - November 15th

Times and levels may vary depending on registration.

- ___ 1 pm - 1:30 pm Parent Child M/W
- ___ 1:30 pm - 2 pm Parent Child M/W
- ___ 2 pm - 2:30 pm Pre 1 and Pre 2 M/W
- ___ 3 pm - 3:30 pm Level 3 and 4 M/W
- ___ 3:30 pm - 4 pm Level 3 and 4 M/W
- ___ 4 pm - 4:30 pm Level 3 and 4 M/W
- ___ 5:30 pm - 6 pm Level 1 and 2 M/W
- ___ 6 pm - 6:30 pm Level 1 and 2 M/W
- ___ 6:30 pm - 7 pm Level 5 and 6 M/W
- ___ 1 pm - 1:30 am Pre. 1 and 2 T/H
- ___ 1:30 pm - 2 pm Pre. 1 and 2 T/H
- ___ 2 pm - 2:30 pm Parent Child T/H
- ___ 3 pm - 3:30 pm Level 1 and 2 T/H
- ___ 3:30 pm - 4 pm Level 1 and 2 T/H
- ___ 4 pm - 4:30 pm Level 1 and 2 T/H
- ___ 5:30 pm - 6 pm Level 3 and 4 T/H
- ___ 6 pm - 6:30 pm Level 1 and 2 T/H
- ___ 6:30 pm - 7 pm Level 1 and 2 T/H

For questions more Information please contact

Amelia Merrill @ (253) 333-3616, ext 3709 or amelia.merrill@muckleshoot-health.com

Native Community Helpers

Muckleshoot Behavioral Health Program is Recruiting Community Members to be Trained as [Native Community Helpers](#)



As a Native Community Helper You Will Receive:

- Training in Suicide Prevention and Drug & Alcohol Addiction
- Learn the warning signs of suicide and how to respond to potentially save a life
- Ongoing support from Behavioral Health Program

You Will Become Part of an Important Community-Wide Effort! It's Easy To Sign Up And Receive More Information To Become A Native Community Helper:

Just Provide Your Name And A Contact Number One Of These Ways:

Call Muckleshoot Behavioral Health Program: (253) 804-8752

Or

Send a Text to: (253) 740-4586

Or

Click or Go To the Link Below:

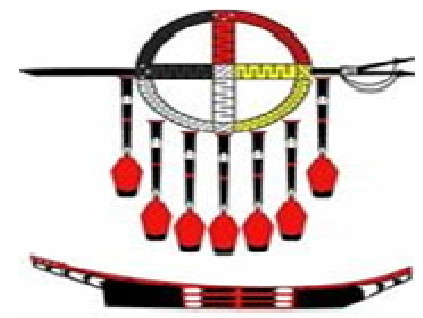
<http://surveyanyplace.com/s/qtxbejby>



Want Your Medical Bills Paid Quicker?

If you are getting statements from a doctor, hospital, x-ray, ambulance, lab and you received a PO number from CHS.
 If you have insurance and got a PO number from CHS, please bring in the EOB, paper from your insurance stating how they processed/paid your bill.
 Please bring the statement(s) and anything from your insurance to the CHS office, so we can pay your medical bills faster.
 Many times, your doctor does not send the CHS office your bills, then you keep getting statements... bring anything in that you get for your bills if you got a PO number.
 The CHS office can't pay a bill if we don't have it.
 Thank you
 CHS Team
 (253) 939-6648

MUCKLESHOOT BEHAVIORAL HEALTH



PROBLEM GAMBLING RESOURCES

Muckleshoot Resources
 Behavioral Health Gambling Outreach
 Julia Joyce, MA, MS, CDP, WSGCC-I is available Monday through Friday 8am-5pm
 (253)804-8752 x3207
 Call and setup an informational session
Local Gamblers Anonymous Meetings
 Winner's Circle—Wednesday at 12:00pm, MIT Family Outreach Center
 Tuesday & Friday Noon, South King County Alano Club
 Tuesday 7:00pm, Crossway Church, 209 M St NE, Auburn
 Friday 7:00pm, VRFA HQ, 1101 D St NE, Auburn
 Sunday 6:30pm, New Hope Baptist Church, 14024 Stewart Rd, Sumner/Pacific
State/National Resources
 Washington State Gambling Helpline 1-800-547-6133

Do you currently have Medicare Part A and/or Part B?
 Are you missing Part D—Prescription coverage?
 Or, are you 65 years old and need all three coverages?

Medicare Part D
 Open Enrollment begins
 Oct. 15th—Dec. 7th, 2019

Come in to see us at the Managed Care Department
Muckleshoot Health & Wellness Center
 17500 SE 392nd Street
 PH # 253-939-6648

Muckleshoot Behavioral Health
October 19&20, 26&27, 2019
9:00am - 4:00pm

Recovery Coach Academy
Transformed People... ... Transform People

LUNCH WILL BE SERVED
 At the Muckleshoot Behavioral Health
 17813 SE 392nd Street, Auburn, WA
 Gain an understanding of how to best help your community members to enter into the recovery process.

Any Questions or to Sign Up
 Contact Julia Joyce at
 Behavioral Health (253)804-8752

NOTICE:
 The Feathered Healing Circle will meet on Wednesday at 5:00 PM – Cynthia Lozier

Muckleshoot Needle Exchange Program

Muckleshoot Behavioral Health

Services Offered at Behavioral Health
Monday—Friday 8-11:30am and 1-4:30pm:
 Exchange used syringes for clean syringes
 Receive safe injection supplies
 Receive overdose prevention education and Narcan
 Receive tips on how to inject drugs safely

Mobile unit every Wednesday from 2 to 4pm
 Location: East side of Powwow Grounds.

Any Questions? Contact Carol VanConett at Muckleshoot Behavioral Health: 253-804-8752

Muckleshoot Behavioral Health Program

16-Week Anger Management Class
 Open to Join Anytime!
Every Thursday 1:30pm-3:00pm
 Facilitated by: Dr. Sarlak

Meets Court Requirements

For questions or more information, contact:
Muckleshoot Behavioral Health Program
 (253) 804-8752

Fall 2019

Special points of interest:

- Aquablast Pool / Amelia am class Tony Jansen Elvis music & low impact cardio
- Yoga practice posture to align, strengthen and promote flexibility in the body/Caryn
- Move strong circuit training/Clayton
- Speed & agility quickness (S.A.Q.) /Shane
- Tabata full body circuit training at paced intervals Clayton
- If your not able to show for our yoga during the week you join us Saturdays with Jake Either 9:00am for Hatha also 10:00am for Power Yoga.
- We have a 6:00pm yoga session with Emma Wednesday nights.
- Runners meet in the Wellness lobby everyday with at noon with Alighah.

Group exercise schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------|-----------------|------------------|---------------|------------|--------------------------------------|
| 10:00am | | Aquacize AM | | Aquacize AM | | 9am Hatha 10am Power Yoga/Jake |
| 12:00pm | Yoga SAQ S.W | Move Strong C.M | Yoga C.A SAQ S.W | | Tabata C.M | |
| 5:30pm | Spin | Aquablast T.J | Spin T.J | Aquablast T.J | Spin T.J | |
| 6:00pm | | | Yoga with Emma | | | |

Transitions Signature

AND INTRODUCING NEW **Style Colors**

Pick your color, choose your style

Our best everyday Light Intelligent Lenses™

Featuring exclusive Chroma7™ technology, this is our fastest and most responsive lens in all lighting and temperature conditions.

Personalize your style with a choice of 7 colors.

Transitions XTRActive

AND INTRODUCING NEW **Style Mirrors**

Make a statement

Our best for extra protection, even in the car

Uniquely designed to protect your eyes from the bright sun outdoors and harsh artificial light indoors.

Style your frames with our fashionable mirror colors, which adapt to any light.

Inquire within at:
Muckleshoot Optical
 Muckleshoot Health and Wellness Center
 Direct Line 253-735-2020 • Monday-Friday 8:00am – 5:00pm. Closed daily 12:00-1:00 pm for lunch

SCAM! ALERT!

- THE NEW MEDICARE CARDS HAS BEEN MAILED SO BEWARE OF SCAM OR PHISHING CALLS.
- MEDICARE WILL NEVER CALL UNINVITED TO ASK FOR PERSONAL INFORMATION OR ANY INFORMATION REGARDING YOUR NEW OR OLD MEDICARE CARD.
- IF SOMEONE CALLS ASKING FOR ANY INFORMATION REGARDING YOUR MEDICARE CARD... PLEASE HANG UP!
- YOU CAN REPORT ANY SUSPICIOUS PHONE CALLS DIRECTLY TO THE SOCIAL SECURITY FRAUD HOTLINE AT PH #1-

Beware of Phone Scams

MANAGED CARE DEPARTMENT
 MUCKLESHOOT HEALTH & WELLNESS CENTER
 PH: 253-939-6648

Osteopathic Medicine: What is it?

OMT, Osteopathic Manipulation Treatment, is a hands on approach by a physician to assist with self-healing capacity. Another name is Osteopathy. This is a practice of medicine that involves evidence practice combined with principles and philosophy of healing. Osteopathic physicians are trained to focus on health. The founder of Osteopathy, Andrew Taylor Still MD DO, quotes, "It's the job of the physician to find health, anyone can find disease." Osteopaths are trained to help patients, knowing 1. Structure and function of the body are dependent on each other and will change each other, 2. The patient is Mind, Body and Spirit, a unit with wholeness, 3. Self-regulation, self-healing are



Dr. Mark Tomski inherent abilities, and 4. Rational hands on manipulation will be offered improve the patient's



Dr. Amber Postma health. This is a gentle hands on approach using manipulation to assist healing. The Muckleshoot

Medical Clinic has two physicians that specialize in OMT. Dr. Mark Tomski is the newest physician at the clinic and has been practicing for 30+ years developing OMT skills, and he is one of Dr. Amber Postma teachers for OMT. Dr. Postma is the other provider who offers osteopathic evaluation and treatment. Dr. Tomski and Dr. Postma are available to help work with you in this process if you are interested. Any age and any process for healing is welcome. To schedule an appointment, call The Medical Clinic at HWC (253) 939-6648.



Are You Prepared for a Dental Emergency?

GUIDELINES FOR MOST COMMON DENTAL EMERGENCIES

Toothache: Rinse your mouth gently with warm water to clean it out. Never put an aspirin tablet or any other pain reliever against the gums near the aching tooth. This won't relieve the discomfort and could burn your gum tissue, adding to the problem. Take a recommended dose of pain reliever, ibuprofen (Advil) is best, with a full glass of water. Don't rely on pain relievers long-term. You may be temporarily more comfortable, but the problem won't fix itself. Contact the dental clinic as soon as possible for help.



Knocked-out tooth: First, stay calm and try to find the tooth! This may take a bit of looking, as these emergencies often occur while on a playground, a basketball court or while biking or skateboarding. Rinse the tooth off gently with water, without any scrubbing or use of a toothbrush. Keep the tooth wet in a cup of milk. There is a chance that these teeth can be successfully splinted back in place and will function as normal. Time is of the essence, so contact the dental clinic as soon as possible.

Broken tooth: Rinse your mouth gently with warm water to clean it out. The tooth will likely be sensitive to hot and cold, so covering it with a wet piece of gauze or facial tissue will keep you more comfortable. Contact the dental clinic as soon as possible.



Facial, tongue or lip wounds: Clean the area gently with a clean damp washcloth and apply cold compresses to reduce swelling. A good cold compress is a baggie of ice wrapped in a cloth, applied repeatedly for 15 minutes on and 15 minutes off for the first few hours. Facial wounds can sometimes bleed a lot. Apply direct pressure to the wound with a clean cloth to slow and stop any bleeding, but you should go to the emergency room if the bleeding continues or concerns you. If it ever feels like your teeth don't fit or close together normally after any facial impact or injury, this could be from a broken jaw. You should go to the emergency room immediately.


Objects stuck between teeth: The most common culprits are popcorn husks! Try to gently remove the object with dental floss. Never use a pin or other sharp instrument to try to remove the object. If you can't get the object out, contact the dental clinic and we will help you.

A temporary or permanent crown comes off: The tooth will likely be sensitive to hot and cold. Place a small dab of drugstore denture adhesive or Vaseline in the crown and set it back on the tooth. This should control any sensitivity and keep the crown in place, but be very careful to avoid chewing on the tooth or the crown could come back off. Contact the dental clinic as soon as possible to have the crown recemented properly.



Our goal in the dental clinic is always to keep you comfortable, whether you are having a dental emergency or not. Feel free to call us anytime with any dental questions you may have (253-939-2131). You should always call the dental clinic immediately for instructions on how to handle any dental emergency during weekday business hours.







IF YOU ARE NEEDING A REPLACEMENT:
 - MEDICARE CARD
 - SOCIAL SECURITY CARD
 - MEDICARE BENEFIT LETTER
THERE ARE TWO SOCIAL SECURITY OFFICE LOCATIONS THAT MAY BE ABLE TO ASSIST YOU.

| | |
|---|--|
| <p>KENT 321 RAMSEY WAY SUITE# 401 HOURS OF OPERATION: MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00 AM – 4:00 PM WEDNESDAY 9:00 AM – 12:00 PM</p> | <p>PUYALLUP 811 S HILL PARK DR HOURS OF OPERATION: MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00 AM – 4:00 PM WEDNESDAY 9:00 AM – 12:00 PM</p> |
|---|--|

MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213

Relative & Foster Care Program

We Need YOUR Help to become a Licensed & Loving Safe Home for OUR CHILDREN

CALL FOR INFORMATION



MIT Children & Family Services

MCFS Office Location: 38017 172nd Street SE, Auburn WA 98002 | MCFS Main: 253-833-8782
 Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-6968 | Director: Cynthia Orio 253-876-3396

NATIVE COMMUNITY HELPERS

Are you having a rough day? Have you been feeling down for a while? It can be difficult to reach out but talking to someone can help. You are not alone.



What are Native Community Helpers?

- Your Community Members
- Trained in suicide prevention

How Can They Help Me?

- Offer a listening ear and open heart
- Help you access available resources and reach out to professional help

Remember that you have people in your community to talk to – friends, family members, Elders, Native Community Helpers, counselors. Those people would be glad to help you access the help you need.



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You are not alone.

To get help for yourself or someone you know who is suicidal call:
 Behavioral Health Program at: (253) 804-8752
 King County Crisis Line after hours at: (206) 461-3222
 In an Emergency call: 9-1-1

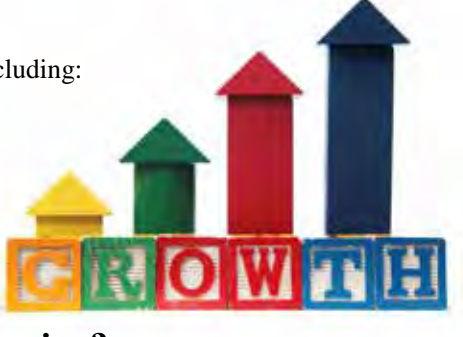


Child Find Screening

What is a Child Find Screening?

Screening is a **free** check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills



What is the purpose of a Child Find Screening?

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

What happens during a Child Find Screening?

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

Who is eligible to be screened?

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.

Where can I go for screening?

For more information and to schedule a screening, please contact:

Muckleshoot Tribal School
 Helen Feiger
 Student Support Services Coordinator
 15209 SE 376th St
 Auburn WA 98092
 253-931-6709 Ext 3700

Marty Laronal
 Support Services Manager
 Muckleshoot Early Childhood Education Center
 15599 SE 376th St
 Auburn, WA 98092
 253-876-3056 Ext 3922



CONGRATULATIONS TO OUR NEW HIRES & TRANSFERS AT MUCKLESHOOT TRIBAL ADMINISTRATION!

We are pleased to welcome the following employees who have been hired or transferred into new positions here at the Muckleshoot Indian Tribe. We hope you will assist us in welcoming them. - Muckleshoot Human Resources

| Employee Name | Job Title |
|---------------------|---|
| Stanley Muchahi | Home Health Aide |
| Harmony Roebuck | Elder Community Outreach Specialist |
| Renee Mayo | Electronic Gaming Specialist |
| Crystalynn Kaeo | Home Health Aide |
| Chad James | GF II |
| Russell Brown | GFI |
| Katrina Jansen | Cook I |
| Alex Moses | Home Health Aide |
| Kristina Lobehan | Home Health Aide |
| Celeste Edwards | Youth Activities Trainee |
| Sherry Montoya | Elder Outreach Aide |
| Virginia Marquez | Elder Outreach Aide |
| Harmony Roebuck | Elder Outreach Spec |
| Lisa Crawford | Business Office Manager |
| Kacey Heffington | Recreation Coordinator |
| Nichole Chu | Federal Education Compliance Officer |
| Dena Starr | Workshop and Training Manager |
| Paul Rodarte, Jr. | Fisheries Enforcement Officer II |
| Leetah Jerry | Administrative Specialist I - Business Office Float |
| Juanita Edwards | Sous Chef |
| Kevin Cronk | Comptroller |
| Marilyn Borrego | Tribal Council Support Staff |
| Laurel Kelly | MCFS Prevention Specialist |
| Susan Starr | Recreation Coordinator |
| Alyssa Vaiese | Fish Production Technical Support |
| Timothy Dunbar | Fish Production Technical Support |
| Eli Nelson | Tribal Council Support Staff |
| Patricia Hernandez | Tribal Council Support Staff |
| Will Bill, Jr. | Culture Division Director |
| Samuel Adame | Building Maintenance Worker |
| Savanah Weaver | Home Health Aide |
| Ciana Fulton | Home Health Aide |
| Erica Walker | MCFS Family PAL |
| Alex Moses | Home Health Aide |
| Tamara Omnell-Moses | Admin Spec II |
| Bethyny Henrickson | Payroll Specialist |
| Caroline Kamau | Home Health Aide |
| Mary Weed | Home Health Aide |
| Shauntee Maghanoy | Home Services Staffing Coordinator |
| Aylissa Harden | ECE Teacher |
| Savannah Hopper | HR Clerk |
| Vicky Murray | CTE Advisor |
| Stina Starr | Admin Spec III |
| Jesus Bennett | Grounds and Facilities I |
| Yecenia Harris | Mental Health Therapist |
| Kymerly Iseda | Travel Specialist |
| Riley Patterson | Transportation Director |
| Clark Heater | Project Engineer |
| Nicholas Serrato | Security Officer II |

| Employee Name | Job Title |
|------------------------|------------------------------------|
| Kate Moses-Ulima | Gas Station Clerk |
| Kathryn Ward | Gas Station Clerk |
| Esther Thige | Home Health Aide |
| Lori Korndorfer | Medical Social Services Specialist |
| Madison Russell | Home Health Aide |
| Kaileah Parton | Home Health Aide |
| Brenda Ward | Admin Spec III - MEIHSS |
| Celeste Misko | Physical Therapist |
| Yvonna Moses | Admin Spec II |
| Kimberly Sneatlum | Home Health Aide |
| David Kinyua | Home Health Aide |
| Michael Capenos Jr | Loan Program Manager |
| Sarah Givens | Youth Activities Coordinator |
| Riley Patterson | Transportation Director |
| Stewart Bruce | GIS Program Manager |
| Michael Burger | Resource Protection Analyst |
| Joan Green Ferguson | F&Y BH Program Manager |
| Seaira Pacheco | AWTP Participant |
| Bernyce Elkins | AWTP Participant |
| Elma Charles | AWTP Participant |
| Gy Kindness | AWTP Participant |
| Darina Louie | AWTP Participant |
| Lauren Moore | MCFS Investigator |
| Stori Powers | Risk Management Director |
| Veronica Navarro-Moses | Administrative Specialist I |
| Corey Ward Jerry | Administrative Specialist I |
| Rose Arzarte | Building Permit Technician |
| Chuck Jansen | Lead AWTP |
| John Bush | SEL Teacher |
| Jesse Session | Secondary Science |
| Taylor Bond | Elementary Teacher |
| Jeremy Piller | Elementary Teacher |
| Matthew West | Secondary Language Arts |
| Britany Schneider | Elementary Teacher |
| Kelsey May | Spanish Teacher |
| Bradlee Powell | Business and Marketing Teacher |
| Kristina Jones | Para Professional |
| Terina Claggett | Special Education Teacher |
| Lisa Stevens | Dean of Students |
| Sarah West | Speech and Language Pathologist |
| Monica Tejeda | Cook I |
| Saunrae Jansen | Cook I |
| Connor Fobes | Elementary Teacher |
| Tifanee Leeper | Life Guard |
| Tonia James | AWTP Participant |
| Amy Maharaj | Academic Affairs Instructor |
| Diana Heredia | Admin Spec I |
| Anthony Adams | Enforcement Agent |
| Matthew Cleveland | PE Teacher |



Photo by Tony Rutherford

The Cousins Team, winners of this year's Ducks Softball Tournament, dedicated to the memory of Alpheus "Gunny" Jones.

36th Annual Ducks Tournament

By Donna Starr

The Ducks held their 36th Annual Softball Tournament the weekend of Sept. 7-8. Wow! Was that ever fun! The team that took first was "Cousins"! I don't remember the name of the other team. No Muckleshoot team won!

At the end of the tournament we held a Run for 1/2 Gallon of Firewater, Tug-Of-War, and Gunny Sack Races for the kids! Oh man that was so much fun! The kids really enjoyed the games!

There was supposed to be a third annual Duckling Tournament but only one team showed up, so they played in the Regular Tournament! They done so good! It was Stacy Sam's boys team! Good job! You're doing great! We look forward to next year!

A great big thank you to those who volunteered! They all stepped up to the plate and helped out... Bonnie Jerry and a Granddaughter, some of her daughters!! I really appreciate all of your help! We done one more year of having The Ducks Tournament!

Pete was feeling so discouraged because we were trying to have Leather Jackets this year, but we couldn't come up with the money needed so we just used regular jackets Honoring Alpheus "Gunny" Jones! Pete, we are so lucky to have you start the tournament and keep us going! Stacy we really appreciate all of your help, man! We are so lucky to have you here!

Now we really need to thank the Tribal Council for getting us the Entry Fees for the Muckleshoot Teams! We really appreciate it! Thank you!

Again, thank you to all of the teams that showed up to play! It was so much fun! People don't know what they're missing when they don't come to watch all of you play!

Thanks to all of you from Peter Duck, Hoppy, Donna Starr, Theresa Jerry, Virgil Ross and Ronnie "Sonny" Jerry, and Bonnie Jerry!



MCDC Teaches Children How to Play Stick Games

On July 24, 2019, Teacher Liz and her son Dylan taught the school age children at MCDC how to play Stick Games. She brought in her personal Stick Game sets that she and her family use across the nation. She explained the how the game is played and then allowed the children to participate in a game. The children had a great time and learned some historical information on how our people used to play for the past generations.

PENTECOSTAL

Nancy, Victor and Elijah Martin recently visited and shared songs and testimonies.



Melvin Moss spent the summer at Muckleshoot. He shared daily bible classes and helped where needed.



Jeremy Stands Overbull preached a Sunday on a recent visit.



Photos by Beautiful Seed Jong Youn Park



RELIGIOUS CONTACTS
 Please feel free to suggest additions

Muckleshoot Indian Shaker Church

Dennis Anderson Sr., Minister
 Sandy Heddrick, Assistant Minister
 Theresa Jerry, 1st Elder
 Lee Stafford, 2nd Elder
 Thadious Lozier, 3rd Elder
 Trudi Moses, Secretary/Treasurer
 Carl "Bud" Moses, Traveling Missionary

Muckleshoot Pentecostal Church
 Rev. Kenny Williams, Pastor

Sweat Lodge
 Doug Moses, 425-301-60811

St. Leo The Great
Catholic Mass

Tacoma Kateri Circle of St. Leo Church
 710 South 13th Street
 Tacoma 98405

Catholic (Native) Mass with Father Patrick J. Twohy
 1:30 pm every Sunday

Circle meetings 2nd and 4th Sunday
 Potluck every 3rd Sunday

www.katericircle.com
 Facebook: Tacoma Kateri Circle

Muckleshoot Pentecostal Church
 Kenny Williams, Pastor

SCHEDULE

| | | |
|--------------|------------|---------------------------|
| Sunday | 10:00 AM | Church Service |
| Tuesday | 12:00 | Noon Prayer Meeting |
| Wednesday | 6:30 PM | Bible Study |
| Thursday | 12:00 Noon | Support Group Meeting |
| Thursday | 7:00 PM | Spanish (language) Church |
| Friday | 7:00 PM | Prayer Meeting |
| 3rd Saturday | 10:00 AM | Prayer Meeting |

Please come join us for
MASS & Catechism
 At the Muckleshoot Catholic church

Catechism starts at 3:00pm
 Mass starts at 5:00pm

As always, enjoy a nice dinner with us and Father Pat Twohy after Mass

For more info. Please contact me at
Tara.Vasquez@muckleshoot.nsn.us
 Or by phone at (253)347-6937

MUCKLESHOOT POLICE REPORT

Those subjects listed as "arrested" or "arrested via citation" means there is enough evidence for the police to prefer charges but have not been convicted.

Weekly Recap August 2019

| | | | | |
|--|------------|-----------|-------------------------------------|------------------------|
| 8/01/2019 | 2021 Hours | C19029043 | 16000 BLK/SE 385 th CT | Runaway |
| Deputies located a missing runaway and returned her to her guardian. | | | | |
| 8/01/2019 | 1443 Hours | C19029212 | 39600 BLK/HWY164 | Threats |
| A female received threats from her ex-boyfriend over the phone. She called 911 because her ex-boyfriend has a violent history. Deputies were unable to make contact with the ex-boyfriend. However the case was sent to detectives for further investigation. | | | | |
| 8/02/2019 | 0230 Hours | C19029366 | 40000 BLK/HWY 164 | Warrant |
| During a traffic a male was arrested for having a Muckleshoot Tribal warrant. He was later transported to SCORE jail and booked on his warrant. | | | | |
| 8/03/2019 | 1622 Hours | C19029548 | 40600 BLK/HWY 164 | Mental Complaint |
| A man that was attending the WRA had a mental health crisis while under the influence of alcohol. He had to be involuntary treated and taken to the nearest hospital via ambulance. | | | | |
| 8/05/2019 | 1020 Hours | C19029767 | 39000 BLK/172 nd Ave SE | Telephone Harassment |
| A female called Muckleshoot HR to complain about the way she was being treated at the Muckleshoot Gas Station. While on the phone she was verbally aggressive and appeared to be intoxicated. Deputies went to the woman house but was unable to make contact. | | | | |
| 8/06/2019 | 1320 Hours | C19029935 | 38700 BLK/160 th Ave SE | Child Abuse |
| Deputies had to remove a child from their home due to signs of physical child abuse. The child was turned over to ICW and DSHS. | | | | |
| 8/06/2019 | 2305 Hours | C19030012 | 2100 BLK/Auburn Way S | Warrant |
| A female was contacted and arrested at the Muckleshoot Bingo Hall for having a warrant. She was later transported to SCORE jail and booked on her warrant. | | | | |
| 8/07/2019 | 0944 Hours | C1903055 | 17900 BLK/SE 392 nd ST | Larceny |
| A man called 911 after he realized that his roommate friend stole multiple pairs of his retro tennis shoes. Deputies were unable to contact the friend in question but the man knows the suspect. | | | | |
| 8/07/2019 | 1150 Hours | C1903072 | 38500 BLK/HWY 164 | Trespass |
| Deputies responded to a trespass in progress and ended up arresting two suspects on court violations and another on a felony warrant. They were all transported and booked into SCORE and RJC. | | | | |
| 8/09/2019 | 0831 Hours | C19030651 | 17800/SE 392 nd ST | Family Disturbance |
| A female called 911 to report she was assaulted by a male in the parking lot of the Muckleshoot Behavioral Health. When deputies arrived they looked for the suspect but was unable to find him. Before they could take a report from the female she left the scene in an unknown direction. | | | | |
| 8/13/2019 | 0554 Hours | C19030828 | 2100 BLK/Auburn Way S | Vehicle Recovery |
| Deputies arrested a suspect who was driving a stolen vehicle at the Muckleshoot Bingo Hall. The vehicle was processed and towed to a secured location. The suspect was later transported to King County jail and booked felony possession of a stolen vehicle. | | | | |
| 8/13/2019 | 0745 Hours | C19030841 | 39600 BLK/175 th LN | Custodial Interference |
| A mother called 911 after the father of her child fail to bring their son home. The father is homeless and the child was gone overnight. Deputies searched a greenbelt where the dad normally resides. They spoke with several homeless people who seen the child in the woods. After three hours of searching deputies were able to locate and return the kid to his mom. | | | | |
| 8/14/2019 | 0840 Hours | C19031000 | 4500 BLK/Auburn Way S. | Disorderly Conduct |
| Police had to arrest a lady after she refused to let construction workers do their job. She was transported to SCORE jail and booked for disorderly conducted. | | | | |
| 8/15/2019 | 1531 Hours | C19031220 | 17500 BLK/SE 408 th ST | Domestic Violence |
| A male and female couple got into a physical altercation after they decided to break up. The male assaulted the female by choking and hitting her in several areas of her body. The male was placed under arrest and transported to RJC. He was later booked on felony assault charges. | | | | |
| 8/20/2019 | 2352 Hours | C19031930 | 39200 BLK/ 180 th Ave SE | Agency Assist |
| Medics needed deputies to assist a female who was combative when she coming in and out of her seizures. The female was restrained and taken to the hospital for further treatment. | | | | |
| 8/22/2019 | 1127 Hours | C19032136 | 41900 BLK/180 th Ave SE | Vandalism |
| A homeowner called 911 to report a vandalism to her patio door and rear bedroom window. Apparently someone through an object through the glass and shattered the windows. | | | | |
| 8/22/2019 | 1645 Hours | C19032197 | 16000 BLK/SE 385 th ST | Fraud |
| A female visiting a friend said her per cap check was stolen and cashed in Marysville. She believes the check was stolen by her friend. There's no witnesses of this crime. | | | | |
| 8/29/2019 | 1816 Hours | C19032873 | 16200 BLK/SE 392 nd ST | Vehicle Recovery |
| Deputies recovered a stolen toy hauler in the parking lot of the Shaker church. The registered owner said he had two quads in the back before it was stolen. The quads were gone when the toy hauler was recovered. The owner retrieved his toy hauler after deputies completed their investigation. | | | | |

MEATY JOHNSON'S
Get **20% OFF**
with your Muckleshoot Tribal ID!
1201 Pine Street - Seattle, WA 98101

Do You Have What It Takes?

Become A Volunteer Firefighter

Learn New Skills
Serve Your Community
Explore it as a Career

Apply at www.mvfire.org
or call 253 735 0284

Proudly Serving The Muckleshoot Indian Tribe and City of Black Diamond

2019 Enumclaw Plateau Farmers' Market

Downtown on Kasey Kahne Dr

Thursdays 3pm to 7pm

CERTIFIED NURSING ASSISTANT (CNA) PROGRAM INFORMATION SESSION

Certified Nursing Assistants are an integral part of the healthcare system. Come join us at either of the following sessions to learn more about this rewarding career!

Muckleshoot Tribal College Room 204

Food & refreshments will be provided at the information sessions.

5:00-6:00PM Thursday, Sept. 19th
12:00-1:00PM Friday, Sept. 20th

Certificate by Renton Technical College

For more information contact:
Denise Bill 253.876.3345 Denise.Bill@muckleshoot.nsn.us
Mitzi Judge 253.876.3395 Mitzi.Judge@muckleshoot.nsn.us
Michele Rodarte 253.876.3291 Michele.Rodarte@muckleshoot.nsn.us

FAMILY TREE BOOK UPDATE

The Muckleshoot Family Tree is being updated! The last edition was 2008. If you have family that was not included in the last book, please notify Pat Noel Fleming at pnflem@comcast.net with name, parents' names and family's they belong to. I am also at the Philip Star Building on some Thursdays with Kerri Marquez. ~ Pat Noel Fleming

Muckleshoot Child and Family Services (MCFS)

Contact Information for the MCFS Program

Address:
1220 "M" Street SE
Auburn, WA 98002

Main Phone: 253-833-8782 Fax: 253-876-3095

CPS Intake Hotline for afterhours Call of Concern report of neglect/abuse:
1-866-ENDHARM (363-4276)

FREE WILL DRAFTING FOR MUCKLESHOOT TRIBAL MEMBERS, NON-TRIBAL SPOUSES, AND MEMBERS OF THE COMMUNITY

Please call or email to schedule an appointment:

Law Offices of Kate Jones
katejoneslaw@gmail.com
(206) 370-1034
www.lawofficesofkatejones.com

Basic Estate Planning Includes:

- Will
- Power of Attorney
- Healthcare Directive
- Disposition of Remains

Office hours are the first Wednesday of every month at the Philip Starr Building, Office #283.

SERVICES PROVIDED BY:

Law Offices of Kate Jones
Wills & Estate Planning Services

Thanksgiving Kids Bingo Muckleshoot Bingo

Join us at 10am on Thanksgiving for a **Community and Employee KIDS bingo session!**

Children ages 6-17 are invited to play this fun, prize filled bingo session!
*Doors open at 9am
*Session begins at 10am
*For this event, all minors will enter and exit the Bingo Hall through the South Entrance
*Each child must bring/provide proof of age
*Each child will receive 1 bingo pack for 10 games & 1 raffle ticket
*Each child must daub their own bingo paper
*Door prizes and drawings throughout the session
*All minors must be accompanied by an adult at all times
*No one under 18 allowed in the VGD gaming areas
*This is a non-smoking session, with no bar service during Kids Bingo
*Food will be available for purchase during this event

*Adult Community Bingo will be held December 10th. Check back for more details!

Understanding Your Credit Class

DATES:
September 25th
October 9th, 23rd
November 6th, 20th
December 11th

Class times are: 10a.m.- noon
Muckleshoot Housing Authority Training Center
38130 - 158th Ave SE

EMERGENCY CONTACT NUMBERS

FOR FIRE, MEDICAL, OR POLICE EMERGENCIES CALL 911 FIRST

- **TRIBAL GOVERNMENT BUILDING — AFTER HOURS EMERGENCY LINE (4PM — 7AM)**
(253) 561-1297
- **GENERATOR — ELDER AND TRIBAL GOVERNMENT BUILDING EMERGENCY LINE**
Gregorio (253) 409-3885 | Brook (253)736-3891
- **SECURITY EMERGENCY LINE FOR EMERGENCIES, CALL 911 FIRST THEN SECURITY**
(253) 261-7707
- **TRIBAL HOUSING EMERGENCY LINE**
(253) 261-0779
- **PUBLIC WORKS EMERGENCY LINE**
(253) 876-3030
- **EMERGENCY MANAGEMENT**
Ada McDaniel (253) 261-4724
- **TRANSPORTATION**
Phillip James | Transit Manager (253)876-3326

Go the distance to protect our clean water future.

Visit KingCounty.gov/CleanWaterPlan

Clean Water Plan

Making the right investments at the right time

King County
Department of Natural Resources and Parks
Wastewater Treatment Division

IN THE MUCKLESHOOT TRIBAL COURT FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

No.: MUC-DIV-07/19-090

SUMMONS

Decree of Dissolution
FRANCIS PRICE, Petitioner
 vs.
JOSE ROMERO-RIOS, Respondent

To the Respondent of this matter JOSE ROMERO-RIOS, TAKE NOTICE:

The Petitioner, FRANCES PRICE, listed above has started a legal action through the Muckleshoot Tribal Court to:

dissolve your marriage.

There may be additional requests made in the petition, such as a request for a parenting plan or child support, if applicable. You must read the petition carefully to determine the scope of this action.

YOU MUST SERVE A WRITTEN RESPONSE ON THE PERSON SIGNING THIS SUMMONS AND FILE THE ORIGINAL WITH THE CLERK OF THE COURT 21 DAYS FROM THE DATE YOU WERE SERVED WITH THE PETITION.

A FAILURE TO APPEAR OR FILE A RESPONSE MAY RESULT IN A DEFAULT JUDGMENT AGAINST YOU. This means that the Court could grant all the requests of the petitioner without any input or response from you.

You can obtain a form to respond to this petition through the Clerk of the Court located at 39015 172nd AVE SE, Auburn, WA, 98092.

You must file your response with the Clerk of the Court at the Muckleshoot Tribal Court located at 39015 172nd AVE SE, Auburn, WA, 98092.

If you need assistance in your response, inquire with the Clerk of the Court if you are able to set up an appointment with the legal aid clinic. The clinic may be able to assist you, but there is no right or guarantee of legal aid. You are ultimately responsible for your own response.

There is a hearing set in this matter for the following date and time:

Date: TUESDAY, NOVEMBER 5TH, 2019

Time: 10:30 AM

The Plaintiff agrees to be served with all legal documents at the following address:

CONTACT COURT CLERK'S OFFICE AT (253) 876-3203 FOR THIS INFORMATION Dated this 30TH day of JULY, 2019.

BECOME A CHILD CARE PROVIDER!

Do you love children? Have extra time on your hands? Want to make some money? Have a clean background?

If you answered yes, we have the program for you; help our tribal families with childcare by becoming an approved childcare provider.

How to become a family, friend, or neighbor provider:

Visit the Muckleshoot CCDF program at the Muckleshoot Early Childhood Education Center, located on the Tribal School Campus (15599 SE 376th St Auburn, WA 98092) and request a CCDF Home Provider Application. Fill out the application completely and attach all required documentation including a copy of your first aid/CPR card, a valid picture ID, background check questionnaire & forms, completed W-9 form, and a copy of your social security card (front and back.)

Submit completed application to the Muckleshoot CCDF office (must have original application – no faxed applications accepted.) A CCDF representative will contact you within three business days to notify you about the status of your application review and/or to coordinate pre-screening. Once pre-screening requirements are met, a home-health, and safety inspection will be performed at the residence where childcare will take place.

Upon a cleared inspection you will be eligible to care for approved Muckleshoot CCDF Families.

Contact: Monalisa Mendoza, CCDF (Monday – Friday 8:00am – 4:00pm)
Phone: (253) 876-3056 * 3915
Email: Monalisa.mendoza@muckleshoot.nsn.us

Free Legal Services for Low Income Native Americans and Alaska Natives

Are you facing an issue in school? Do you need help with your attendance or performance in school? We can help!

The **Native American Unit** at **Northwest Justice Project** provides free civil (non-criminal) legal services to eligible Native American / Alaska Native students and their families in Washington. Cina Littlebird at the Native American Unit is available to provide advice and representation to Native American youth and their families in civil legal matters that can impact the student's attendance of or performance in school.

Cina can work with you on (among other things):

- Education matters** including:
 - Expulsion, suspension, & truancy
 - Disciplinary discipline
 - Special education & learning disabilities
 - Parents' rights
 - Other situations impacting a student's ability to participate in school
- Foster & homeless student issues**
- Health matters** including denial of health care services or assistance in obtaining mental health services
- Housing problems** such as evictions, discrimination, or deposit issues
- Public benefits matters** including applying for, denial of, or reduction of public benefits

Emancipation (students seeking to be legally independent of their parents)

To find out if Cina or the Native American Unit can help you, contact Cina at cina.littlebird@nwjustice.org or (206) 464-1519 ext. 0919.

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.

IN THE MUCKLESHOOT COURT OF JUSTICE FOR THE MUCKLESHOOT INDIAN RESERVATION AUBURN, WASHINGTON

Case No. MUC-PO-05/19-057

In Re the Protection of:
M.C., DOB: 09/20/1949, an elder/vulnerable adult

vs.

DAVID MARQUARD, DOB:03/22/1976, Respondent

NOTICE OF HEARING ON PROTECTION ORDER PETITION TO: DAVID MARQUARD, DOB:03/22/1976,

IT IS HEREBY ORDERED THAT the previously entered protection order remains in full force and effect. In particular:

- The respondent is Restrained from committing or threatening to commit physical harm, bodily injury, assault, including sexual assault against the vulnerable adult and from molesting, harassing, or stalking the elder/vulnerable adult.
- Respondent is Restrained from committing or threatening to commit acts of abandonment, abuse, neglect, or financial exploitation against the elder/vulnerable adult.
- The respondent is Excluded from the elder/vulnerable adult's residence.
- The respondent is Restrained from coming near and from having any contact with the elder/vulnerable adult, in person or through others, by phone, mail, or any means, directly or indirectly, except through an attorney, or mailing or delivery by a third party of court documents.
- Respondent is Prohibited from knowingly coming within, or knowingly remaining within 500 feet (distance) of the elder/vulnerable adult and his or her residence.
- A violation of this order may subject respondent to arrest and criminal prosecution under tribal and/or state law.
- The protection order expires October 3rd, 2019, but may be renewed prior to its expiration.
- Next hearing: September 26th, 2019 at 11:30 am.
- Parties are responsible for updating the court as to any change of service address.

SO ORDERED this 29th day of JULY, 2019.
 /s/ GARY BASS, JUDGE OF THE MUCKLESHOOT COURT OF JUSTICE

Muckleshoot Tribal Court
 39015 172nd Avenue SE, Auburn, WA 98092
 Phone: (253) 876-3203 / Fax: (253) 876-2903

EXCLUDED FROM MUCKLESHOOT RESERVATION

The individuals pictured here have been legally excluded from the Muckleshoot Indian Reservation. If you see any of them on the reservation please call 911 and report the sighting to the Muckleshoot Police Department.



Byron John



Benedict Williams



Darnael Brown



Gerald Robert Elkins



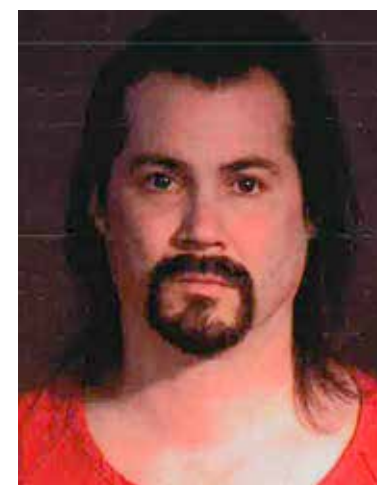
Jorenda Proctor



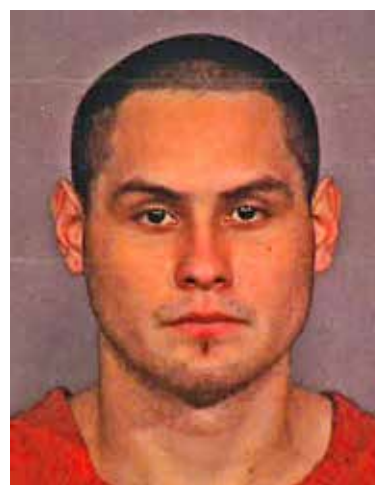
Leslie Guy Wilson



Rajon Ray Hoff



Robert Wayne Weed



Rodney Darrell Hopper

WARRANT QUASH DAY:
DO YOU OR SOMEONE YOU KNOW HAVE A MUCKLESHOOT TRIBAL COURT WARRANT?

Who Should Attend: Community members who have been issued warrants for missed court dates, did not complete probationary terms, or just simply want to resolve a warrant.

Date: Tuesday, October 22, 2019
 9:30 am – 12:00 pm

Location: Muckleshoot Tribal Court

Purpose of the Warrant Quash Day:

- To help community members resolve active warrants.
- To close out old cases that has been burdensome to community members.
- Allows for an opportunity for outreach with BHP.
- To provide a convenient way to resolve outstanding warrants.
- Opportunity to meet the tribe's defense attorney.
- Address any pending questions regarding probation.
- Opportunity to discuss employment resources with probation or other questions or concerns.

This event is a voluntary opportunity for community members to quash their warrants without fear of being arrested.

For more information or to be placed on the court docket ahead of time please email or call: Darren Taylor
darren.taylor@muckleshoot.nsn.us
 Telephone: (253) 876-2983

\$45,000 Housing Assistance Program – Increased to \$90,000 per Tribal Member

The Tribe's commitment to providing housing opportunities to its members is once again exemplified with recent policy changes to the \$45,000 Grant Program. Tribal Council recently approved that the \$45,000 Grant Program be increased to \$90,000 per Tribal member. These funds can be used for home ownership activities including down payment, mortgage reduction, home improvements, self-help and safe housing repairs. In addition, the Tribal Housing Ordinance has been updated to allow Muckleshoot enrolled couples to each utilize their \$90,000 grant towards eligible program services for a total Grant of \$180,000. *\$20,000 of each member's assistance shall be reserved exclusively for safe housing repairs.*

ELIGIBILITY:

Muckleshoot Tribal Enrollment: Applicant must be a Muckleshoot Tribal member at least eighteen (18) years of age and enrolled in the Muckleshoot Indian Tribe for a minimum of five (5) years or be enrolled in the Muckleshoot Indian Tribe and have resided within the Muckleshoot Reservation their entire life.

Proof of Ownership: Applicants must provide proof of ownership for the assisted property and utilize the home as their primary residence.

Proof of Insurance: Applicants must provide proof that the assisted property is covered by an insurance policy or sign a Homeowners Insurance Acknowledgment.

Release of Information: Applicants must sign a Release of Information to allow the Muckleshoot Housing Authority to obtain and verify information relative to eligibility for assistance.

Residency/Payback Agreement: Applicants, including any additional parties with ownership of the assisted property, must sign a Residency Payback Agreement agreeing to payback terms and refinance restrictions during a five (5) year payback period.

Please contact our office with any questions or for further assistance with applying for this program.

Muckleshoot Housing Authority | 38037 158th Ave SE | Auburn, WA 98092 | (253) 833-7616

Enumclaw
Chrysler, Dodge, Jeep & Ram

- Preferred pricing for Tribal Members
- Good Credit/Bad Credit
- 98% Approval rating
- Referral Fees from \$100-\$500!
- Special Pricing on New and Used Vehicles
- Aggressive Financing Rates and Programs
- New and Used Vehicles

For all Tribal Members Enumclaw Chrysler Jeep Dodge Ram Is YOUR Store!

Visit Us Today for YOUR Tribal Specials!
 Contact Josh Curley at 360.802.0200
www.enumclawCJD.com
 We have Special fleet pricing for tribal vehicles.

Muckleshoot family support center

39819 Auburn Enumclaw rd. Auburn WA. 98092

Meetings noon and 7pm daily, closed on Sunday

Lunch and dinner provided

We offer A.A, N.A. and G.A. and the medicine wheel, we also have women's meeting's and Men's meetings. Children are welcome.

Birthday meeting on the last Friday of the month
Come down and share your recovery with us.

Everyone welcome

Meetings and dates vary and are subject to change. We also have an open group on FB with dates and times



TRIBAL MEMBER TIRE DISCOUNTS

- All 1 year warrantied alignments discounted from \$79.95 to \$60.00
- All 3 year warrantied alignments discounted from \$169.95 to \$120.00
- 15% off all wheels and 10% off all tires
- Early Bird Special - get an additional \$20.00 off when you come in Monday through Friday between 8:30 AM and noon.
- We also offer \$49 down & 100 days no interest with Snap financing. Just text 17392 to 48078, no credit needed. Must be 18 years or older. Must present Muckleshoot ID card at time of write up. We also promise to meet or beat everyone's prices on wheels and tires.



Ray DeTar / Best Tire Center / Store Manager
602 Auburn Way South
Auburn, Washington 98002
(253) 205-0889 / www.btctires.com

Free Legal Services for Native American Victims of Domestic Violence and Other Crimes

Northwest Justice Project's Coordinated Legal Education Assistance and Referral program (CLEAR) has new services available for Native American crime victims through the CLEAR-CV-Native American Program. An NJP attorney is available to provide advice, brief services and referrals in civil (non-criminal) legal matters stemming from the client's experience as a crime victim.

Examples of legal problems include:

- **Family Law** matters such as divorce, custody and protection orders involving domestic violence or sexual assault, especially when the case is in tribal court or the client believes it should be in tribal court; or when tribal court orders are not enforced.
- **Health** matters including denial of health care services or assistance in obtaining mental health services to deal with victimization
- **Housing** problems such as evictions or needing to break a lease due to a crime in the home
- **Economic security** issues such as medical bills, utility access and other consumer problems caused by an assault, abuse, or fraud.
- **Other** legal problems resulting from being a victim of crime

If you are a Native American crime victim seeking legal assistance, ask a tribal service provider or a staff member of an organization that serves Native Americans for a referral. Social services staff or tribal advocates refer clients to the CLEAR-CV-Native American program by sending a referral form.

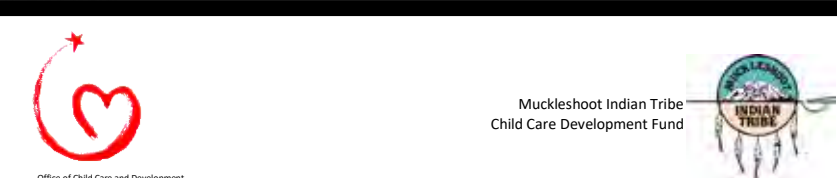
Questions? Contact Jennifer Yogi at jennifery@nwjustice.org or (206) 464-1519 ext. 0921

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 13 offices in Washington State that provides free civil legal services to low-income people. NJP's mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities.



Revised 11-15-2017



Do you need assistance with your child care expenses?

Are you?

- > Employed
- > Enrolled in educational courses
- > In job training
- > Or participating in job search activities

Is your child(ren)?

- > 12 years of age or younger
- > Enrolled in a federally recognized tribe or a descendant (parent must be enrolled) of a federally recognized tribe

Child care is based upon your family size and monthly income that is at or below 85% of King County's median income (100% for Muckleshoot Tribal Members). You may qualify, if your family's monthly income falls below the following income range:

| Family Size: | 85% Median Monthly Income | 100% Median Monthly Income (MIT Members Only) |
|--------------|---------------------------|---|
| 1 | \$0-\$4,484 | \$4,485-\$5,275 |
| 2 | \$0-\$5,121 | \$5,122-\$6,025 |
| 3 | \$0-\$5,759 | \$5,760-\$6,775 |
| 4 | \$0-\$6,396 | \$6,397-\$7,525 |
| 5 | \$0-\$6,913 | \$6,914-\$8,133 |
| 6 | \$0-\$7,423 | \$7,424-\$8,733 |
| 7 | \$0-\$7,933 | \$7,934-\$9,333 |
| 8 | \$0-\$8,443 | \$8,444-\$9,933 |

To apply or if you have any questions contact the Muckleshoot CCDF Program at (253) 876-3056 or Vanessa Simmons at (253) 876-3016
Email: Vanessa.simmons@muckleshoot.nsn.us
Located at the Muckleshoot Early Childhood Education Center, 15599 SE 376th St, Auburn, WA 98092

-- LEGAL NOTICE --
THE TULALIP COURT, Tulalip Indian Reservation, Tulalip, WA TUL-CV-2019-0316
Summons by Publication to the Tulalip Court In Re Custody of Minor IJW
Petitioner Rebecca Hunter vs. Kevin Williams and Rachel Johnson: YOU ARE HEREBY NOTIFIED that a Motion to Petition for Custody of a minor has been filed April 23rd, 2019 in the above-named Tribal Court and each of you are hereby summoned to contact and defend Regarding the above-entitled action at the Tulalip Tribal Courthouse; at 6332 31st Avenue N.E. Suite B Tulalip WA 98271 NOTICE:
You have important legal rights and you must take steps to protect your interests.
IF YOU FAIL TO ANSWER JUDGEMENT WILL BE RENDERED AGAINST YOU.
Date first published: September 12, 2019

JOIN US FOR OUR NEXT
MINOR'S TRUST Education Class
10 DEC 4:00PM
ADDRESS:
17500 SE 392nd St
Auburn, WA 98092
TOPIC:
Financial Education
FOR MORE INFO:
253-876-3014
Wahleah Wight
Wahleah.Wight@muckleshoot.nsn.us
TAUGHT BY
PROVIDENCE FIRST TRUST

EVENTS CALENDAR

September 18 **Diabetes Workshop**
5:30-7:30PM
Sal Hal Shed

September 20 **MCDC closed for all-staff training**

September 28 **Family Softball Day**
Softball Fields

October 10 **Tonamus Community Day**
9:30AM-2:30PM
Medicine Eagle Flats

November 28 **Thanksgiving Kids Bingo**
Starts at 10AM
Muckleshoot Bingo

SUBMIT YOUR ITEMS FOR THE EVENTS CALENDAR!!
Muckleshoot.Monthly@muckleshoot.nsn.us

Muckleshoot Tribal Court of Justice
In and for the Muckleshoot Indian Reservation
Auburn, Washington

Case No.: MUC-CJ-03/19-026
NOTICE OF CUSTODY HEARING
November 5, 2019 at 1:00PM

IN RE THE CUSTODY OF:
A.P. DOB: 2/26/2011
C.P. DOB: 12/28/2012
J.P. DOB: 3/8/2015
D.P. DOB: 9/14/2016
RACHEL JERRY Petitioner/Mother
V
RUTILIO PEREZ-AVELAR Respondent/Father

To: RUTILIO PEREZ-AVELAR, Respondent

YOU AND EACH OF YOU will please take NOTICE that a CUSTODY HEARING has been scheduled for **TUESDAY the 5 TH DAY OF NOVEMBER, 2019 at 1:00 PM** in the Muckleshoot Tribal Court of Justice located at the legal building at 39015 172 nd Avenue SE, Auburn, WA 98092.

The parents of the youth are each entitled to have someone represent them at this hearing at your own expense - meaning that they will be solely responsible for any fees charged by the person.

Your failure to appear may result in a default judgment being entered against you without notice. A default judgment is one where the petitioner is entitled to what he/she asked for in the petition.

If you have any questions regarding the nature of this trial or the location of the Court, please call the Court Clerk- 253-876-3203.

DATED this 26 th day of August, 2019.
/s/ Salena Jackson
MIT COURT CLERK

Attention Muckleshoot Tribal Members and Community Members:

The Muckleshoot Gaming Commission has reviewed the list of patrons barred from the Casino and Bingo Hall and has lifted many of these barrings. To see if your barring has been lifted, please call **253-804-4444 Ext. 1428**

Attention:
Muckleshoot Tribal Members
The Water, Sewer & Garbage Assistance Program has now been extended to King and Pierce Counties.
Please call (253) 876-2975 for details or stop by Public Works Office (Water Treatment Plant) topick up an application.

Brush Clearing Service

Muckleshoot Tribal Members that are **18 years of age or older** can receive brush clearing service from Building Maintenance with mechanical equipment or our eco-friendly alternative, goats.

Brush Clearing Service Forms are available at the Elders Center Front Desk and Building Maintenance. For inquiries, call (253)285-4063

BAD CREDIT? CAN'T GET APPROVED?

Our Goal Is...
100% CREDIT APPROVAL

Muckleshoot Tribal Members Don't Pay Tax! Show Your Tribal Card for More Savings! We Have Over 100 Vehicles To Choose From!
www.deltoroautosales.com

One Free OIL CHANGE! WITH PURCHASE!

Bring this coupon for **\$150 doc fee waived**

FAMILY

Wishing a Happy Birthday September 12th. - "Henrietta Kinggeorge"!

Love you may you have many more special days to come... from the Martin family.



Shellee got her 2nd bull elk, 1st this year, and thanks her Dad for teaching her to hunt.



Ronald Spencer Penn IV "Ronnie" "Baby Ron" "Ron"



Happy 11th Birthday 8/27/2008

Thanks for being YOU & bringing laughter to US ALL!

Happy 2nd Birthday Titus Jay Penn

September 26th

Love, Mom, Dad, Bailey, Josiah, Kinsley, Elias



'HAPPY 5TH BIRTHDAY, PRINCESS TALISIA!
Your family loves you more than you know~!



Sarah Lee Starr-Rutherford was born at 12:21 am on September 3, 2019 to proud parents **Melissa V. Starr and Tony Rutherford.** Proud Grandma **Lorraine Moses.**



HAPPY BIRTHDAY PAPA MIKE



Tony Rutherford is with **Teddy Vaiese.** September 7 at 8:47 AM
Called in my first bull of the year for my Son Jonathan also his first kill was a good morning for sure to witness Jonny cakes happy about his first kill.

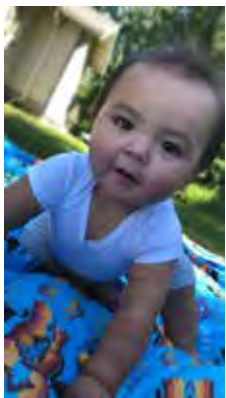


September 25th, 2019
Happy 1st Birthday Taylor Arnez

You may not remember today But we sure will, because you are so special to us. The first of MANY Birthday's to come! XOXO- Mommy, Nana Ma'leah, and Big Brother Theo



First day home



Taylor Arnez



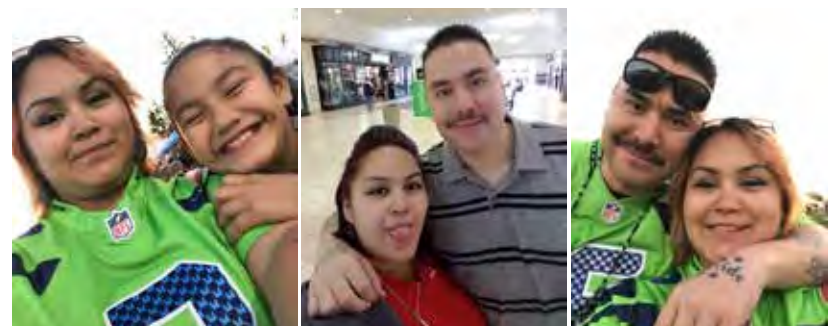
Theo Tay



New born

Happy Birthday Savina Moses-Atimalala 9/06 and Kayden Baker- 9/13 and Robert Baker Jr- 9/17!! Sister Theresa Baker 9/17 also!!

I love all of you and wish you the best Birthday ever!
Love Always, Melanie Moses & Robert Baker Jr



Happy birthday to my mama Jyglene Simon. (September 4th)

You have been so good to us and we are so grateful for it. You really are our day one. We love you so much and you are so strong and inspiring. Watching you fighting this fight has just shown me how strong you really are. Just remember you are not on your own. Every step of the way you have us in your corner always!

I'll love you forever, I'll like you for always, As long as I'm living my mama you'll be <3
- Pattywatakins



Happy birthday grandma

I love you very very much you make me smile and laugh alot and thank you for taking us out or getting Uber eats lol its always so good but thank you for everything I love youuuu and happy birthday!!!
-Milayna Maria



Happy Birthday Mom

Thank you for not giving up on me after all these years. Without your help and teachings I wouldn't be where I'm at today. I can only hope to be as smart and as strong as you are. We've put you through hell and yet you still stand strong. I'm proud to be able to call you Mom. Hope you're B-day is fun and exciting.
Love Derek

